



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



DECEMBER 2020 ~ ISSUE #191 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449



Bowraville Lions Club Presents



BOWRA'S BIG BASH

The Biggest Shopping Event Of The Year!



Christmas Markets

Carols by Candlelight

Free gift for children 3-12yrs

Stalls

Fun Rides

Petting Zoo

Coffs Critters

Santa



Bluebird Allstars

Please bring a chair



A FREE EVENT FOR THE WHOLE FAMILY

Hennessey Tape Oval Bowraville

Sunday 20th December 2pm-9pm

Music by: Loose Cannons

Barry Noble

Sue Smoothy

Nambucca District Brass Band and more

Thanks to our Sponsors



BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/bowraville-newsletter

2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscriptions includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE FEBRUARY 2021

ISSUE IS: 4:00PM

TUESDAY, 19th JANUARY 2021

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

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

"Like us on



search for CTCABowra"

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

Come rain or come shine . . .

BOWRA COUNTRY MARKETS

**Saturday, December 12 from 9am - 1pm
Pioneer Community Centre at 70 High Street**

As well as our regular bric-a-brac and exotica, bromeliads and succulents, eggs and home produce, preserves and treats. Recently we have had new stalls with plants and seedlings, and beeswax products.

Perhaps you too have been wondering about having a stall at this friendly community happening. For newbies the stall cost is only \$5. And, if you don't have market insurance, for only \$10 you can join the Bowraville Community Development Association Inc. (BCDAI) which covers you for insurance at our market for the coming year. What a bargain!

The BCDAI not only maintains and manages the Community Centre for the community but also has community development within its mission statement so come and be involved in our town's future

If you are interested please contact the market co-ordinator on 0401481501 to reserve a spot.

Whether as a stall holder, a local or a visitor come along and connect into our community, meet friends, relax with a cuppa and treat on the lovely back deck...



SEE YOU THERE



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



Management and Volunteers of the Bowra Technology Centre wish all our readers and advertisers a very enjoyable and safe Christmas and a healthy 2021.

TAX GOT YOU BEAT?

Do you need assistance with your Income Tax Return?

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

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

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.

Special offer to community groups

Save on paper and ink!

Email your poster and we will place it on our big screen TV for only \$1.00.

Your poster will remain on the big screen until your event or promotion has finished.

CHRISTMAS IN AUSTRALIA

By Chris Raynor

It's Christmas in Australia

So here's a little tale for ya

To spread throughout the land.

About two boys about to spend

Some dough on presents grand.

For mum they'd eyed a ring of gold

A thing of joy and beauty.

They liked to give her something nice

'Twas not mere Christmas duty.

For dad it was a harder task

To find a present blokey

They chose a CD full of songs

To sing at Karaoke.

In Australia it's summertime

When we have our Noel

So as a gift for cousins

They chose stuff for swimming pools.

The sun was slowly setting

When they finally checked their wallets

So when they found them empty

Man, they just looked like stunned

mullets.

They had to earn some money fast

So thought of all their talents

The youngest did a mean beatbox

The oldest best at ballads.

They chose a section of the streets

And belted out their music

Amazingly it sounded good

It was that Christmas magic.



Their wallets filled they hit the shops

And picked out all the gifts

They raced up stairs and passageways

And skipped the crowded lifts.

Ah Christmas in Australia

A shopping misadventure

Kiss all your rellies old and young

Imagine what THEY went through.

Christmas Australia © Chris Raynor, 2004

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

2/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

7/11

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 a
Kitty Litter.

Not available during school holidays



Short-term Accommodation

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

2/11

Your mobile phone could help save your life - here's how

Anyone could be caught in a natural disaster — and most of us carry something in our pocket that could help us stay safe, or even alive, when it strikes.

Mobile phones are an increasingly useful tool, as more apps and different things are designed that can help you to plan before an emergency and also can help you during one as well.

Smartphone owners can be prepared by downloading apps and setting up their phone for an emergency.

The best time to do your planning is well before an emergency event happens.



Apps to help you prepare

- **BOM weather app** - The Bureau of Meteorology is the authoritative source of weather information in Australia and its app provides most of the weather information you'll regularly need, including severe weather warnings.
- **Red Cross Get Prepared app** - Save your key contacts, get links to your local emergency services agencies, make simple checklists for an emergency, and share your emergency plan using this app developed by the Red Cross. Saving important documents to your phone before disaster strikes can be beneficial as you'll have access to them to help in your recovery.

Apps to help you in an emergency

- **ABC listen app** - The ABC's audio streaming app, allows you to listen to local programs and emergency broadcasts from any ABC Radio station around Australia. Radio has long been one of the keyways people keep informed during an emergency.
- **Emergency+** - The Emergency+ app has been developed by Australian emergency services, government and industry. It helps you ring Triple Zero and provides you with your GPS co-ordinates so you can explain where you are to an operator.
- **Fires Near Me** - The NSW Rural Fire Service app providing information about bushfires burning across the state, including the alert level and detailed updates.
- **Red Cross First Aid** - The First Aid app is a pocket guide to first aid and CPR developed by the Red Cross including videos and images and quizzes to refresh your knowledge.
- **What3Words** - The developers of What3Words have divided the world map into 57 trillion individual locations, each of which have been allocated three random English words to identify them. You can use the combination of words to convey your exact location to rescuers - much like a simpler version of GPS co-ordinates.

Continued on Page 12

Bowraville Garden Club

In November we held our AGM when all present executive and committee members were re-elected. We then continued on to visit a lovely Bellingen garden featuring roses. December will see us back in Bowraville to celebrate friendships through our interest in gardens by visiting a members' garden. Our Christmas Luncheon will follow. We commence again on the second Saturday in February. Contact Barbara 6564-7039.

Bowraville Seniors

It is with great sadness we announce the death of our president Geoff Chittick. Geoff a former longtime teacher at Bowraville Central School joined the Seniors with wife Val after his retirement. He became Vice President in 2007 and President in 2012. We will miss his sense of humour and friendship. At our Christmas party we were asked to tell a Geoff story. Our first meeting in 2021 will be our AGM. If you would like to join a friendly group of Bowraville residents please support this group.

Bowraville Recreation Club

Despite the course in general upheaval golf will continue and holes played where possible. We can now see the new course

taking shape. Bowls Championships are completed. Golfers have held a meeting and a new executive elected with Wayne Van-Sam-Beek President and Peter Lawry as Captain. Congratulations to both members. To celebrate 2020 a Christmas function will be held on the 19th December from 3.30pm when yearly awards will be presented.

BowraMacksville UHA

Due to Covid-19 restrictions our next meeting time and venue is to be confirmed. It was decided to not hold Christmas raffles but hopefully you will see us in 2021 with an Easter or Mother's Day raffles. Nearly 40 members attended our Christmas function. While a limited number due to Covid-19 restrictions can work at the Hospital Café we hope next year many more will be eligible and we can also recommence our trolley service to the wards. Treasurer Dee informed that since July the Café profit has increased and with all accounts tallied we will have close to \$50,000 to purchase equipment for the hospital. If you are interested in becoming a part of this group contact Isabelle on 6564-7179. The Cafe will close for a fortnight from Wednesday 23rd December.



**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 \$4.50
from 5pm to 7pm daily

FREE POOL Everyday



2/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun

LUNCH 11:30am-2:00pm Tues - Sun

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

Regular Live Music

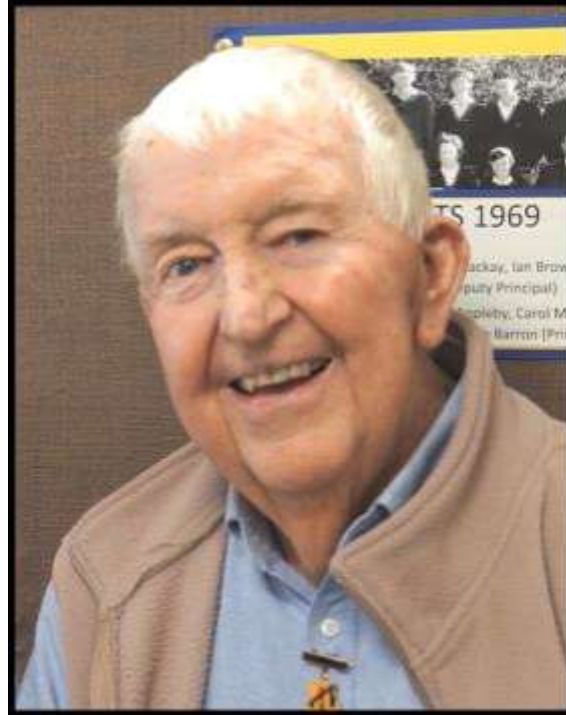
Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 Fax. 6564 8471

2/11

VALE GEOFF CHITTICK



We Remember

Lion Geoffrey Nelson Chittick **"Geoff"**

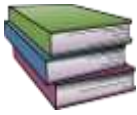
03/11/1932 - 07/11/2020

Geoff Chittick was a founding member of the Bowraville Lions Club. In his 46 years of service with the club he held all positions and was awarded the highest honour a Lion can receive with the Melvin Jones Fellowship Award for his exemplary service to the club and the community.

Geoff was also a poet, actor, coach of the junior rugby league club, president of the Senior Citizens Group for 20 years and a much loved teacher at the Bowraville Central School for 26 years.

In 1983 he was awarded the Citizen of the Year.

He will be dearly missed by his family and all our community.



The Three Day Affair

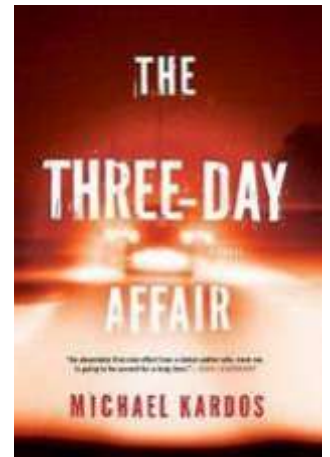
by Michael Kardis

A gripping debut thriller about four longtime friends who make one mistake, forcing them to face down old grudges and make horrifying choices that could haunt them forever.

Will, Jeffrey, Nolan and Evan meet up once a year to catch up with each other and relive their (American) college days before returning home to wives and busy lives. This year though Evan won't be arriving until the following day so the others just go ahead with their plans - which is to all stay at Will's house (his wife has arranged to stay elsewhere), drink beer, reminisce and play golf during the day.

Right from the start it doesn't go well...for some unknown reason when they stop for fuel and snacks Jeffrey kidnaps the girl who works in the store and forces her into the car, screams at Will to drive, which he does mostly out of shock and instinct....and so everything changes. They hold her hostage at Will's place of work; have no idea how to handle the situation or what to do next; uncomfortably endure the passing time with relationships under pressure and old secrets rising, to make matters worse.

When their lawyer buddy, Evan, arrives they send him away but as events turn sour it's soon apparent that a good lawyer is just what they need so he is duly called upon to return (dragged away from a very important business deal somewhere else in the country and none too thrilled about it either).



The story is told by Will. There is a good deal of reflection back to the good old college days, memories of how they met their wives, began their careers, how their futures will undoubtedly be affected by this. Friendships are strained and irrevocably changed forever.

I really enjoyed *The Three Day Affair* – the story line is truly bizarre and there are a few unseen twists and turns which will catch you by surprise.

For these men, three days will decide their fate -- between freedom and prison, innocence and guilt...and life and death.

The *Three-Day Affair* marks the emergence of a talented new crime writer.

- This book reviewed by BTC Volunteer Raewyn.

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.

Dealing with depression at Christmas time

Across Australia, it is estimated that one million people will be dealing with depression at Christmas time.



And it's no surprise really... with festive occasions, Christmas trees, gifts and celebrations, comes a myriad of emotional triggers caused by feelings of loneliness, grief, sadness, self-reflection, excessive spending, drinking and fear of socialising.

For those with depression, Christmas can often be the season they would prefer to avoid. But for those with family and friends who celebrate the event, that's not always an option. So, here are our top tips to try to control what you can and let go of what you can't, during the silly season.

Identify your main stressors. Is there someone specific you miss? Is there someone or something specific that stresses you? Does your financial circumstance cause you distress? By pinpointing some of the things that get you down, you can try to organize yourself so that you avoid feeling overwhelmed by everything going on around you.

Think about the things that bring you peace and contentment and whatever those things are spend more time doing them! In a lot of cases, that old adage "fake it until you make it" holds some truth. Obviously, you can't entirely avoid triggers of depression, but you can try to balance out your feelings and emotions so that you can experience some degree of peace and calm every day.

Be realistic and real. Manage your expectations – knowing what or who you have to cope with – and be true to yourself. Don't do things that you think will make other people happy, and don't fall into the trap of thinking that other people will change for you. Avoid known triggers, and put yourself first.

Start planning early so you don't feel so overwhelmed. Shop for gifts as early as possible and if you can, shop on line for the best deals. Stick to your budget and avoid overspending.

Christmas doesn't have to be perfect. It doesn't have to be a commercialised celebration, it doesn't have to be lonely and it doesn't have to be fraught with family tension. By taking the time to think about what triggers depressive feelings and emotions, you can attempt to put strategies in place to avoid them, or at least minimise their impact.

Christmas can be overwhelming even for the most organised of us so we hope you take some time out to treat yourself during the lead up to Christmas and the New Year. Enjoy a safe Christmas and happy New Year from all of us.

- www.sydneytms.com.au

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





Christmas is just around the corner.



If you're looking for a unique gift for a special someone,
stocking fillers for the kids
or a small something for yourself....

Bowraville Pharmacy has beautiful stock in store ready for
Christmas!



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



Your mobile phone could help save your life - *Continued from Page 6*

- **Live Traffic NSW** -This app shows you real-time traffic information and road closures. In an emergency you may need to plan your route carefully as some roads may not be open.

Can't find an app for the information you want?

Some agencies have developed mobile websites rather than apps, which work in a similar way. You pin a website to your phone's home screen just like an app.

- On an iPhone, tap the Share button in your browser, then tap Add to Home Screen.
- On an Android phone with the Chrome browser, tap the Menu button in your browser and select Add to Home Screen.
- You can find details for emergency agencies in your state at www.abc.net.au

What if my phone's flat and the power's out?

If the power is out during an emergency, it can be useful to have a mobile phone charger on hand that doesn't rely on mains electricity. It's really important that you think of these before disaster hits as part of your preparation plan.

Portable battery chargers or power banks

These are essentially second batteries that you can use to charge the battery on your phone and are a very good option. They range in capacity but many offer enough power to charge your phone two or three times over - as long as you've planned ahead and they're already charged up.

Car charger

Many cars have power outlets much like the ones you have at home. If your vehicle doesn't have a USB or AC outlet you may be able to charge your phone using a built-in cigarette lighter with the right cable.

Solar mobile phone chargers

These are available at some camping and electronics shops and can keep your phone topped up although they'll usually need to be in full sunlight. Depending on the model they can be much slower than charging via a wall outlet.

Wind-up or hand-crank chargers

Hand-operated chargers work regardless of conditions. By winding a handle you can generate electricity that can be used to charge your phone. They're a good last resort rather than something you should expect to fully charge your device.

What if I have no signal?

If there is absolutely no mobile coverage where you are there is no way to make phone calls including to Triple Zero. However, you can call Triple Zero even if your mobile provider doesn't have coverage in that area - as long as you have signal from any one of the mobile providers in Australia.

If you're in an area where emergencies occur often and there is limited mobile phone reception it might pay to invest in a satellite phone .

What if I don't know where I am?

If you're caught in an emergency and can't describe your location to emergency services your phone can usually provide your GPS co-ordinates.

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Bowraville Lions Club Inc News Bulletin

DECEMBER 2020



 Bowraville Lions Club Presents 

BOWRA'S BIG BASH

The Biggest Shopping Event Of The Year!

Christmas Markets
Carols by Candlelight
Free gift for children 3-12yrs

Stalls Fun Rides
Petting Zoo Coffs Critters Santa

Bluebird Allstars *Please bring a chair*

 **20th**
DEC

A FREE EVENT FOR THE WHOLE FAMILY

Hennessey Tape Oval Bowraville
Sunday 20th December 2pm-9pm

Music by: Loose Cannons

Barry Noble Sue Smoothy
Nambucca District Brass Band and more



Letters to Santa

Once again Santa's elves, are helping Santa to reply to all the letters sent to him.

You can find the special letter box outside the Bowraville Post Office.

Please remember to include a name and address

to receive a reply from Santa.



The Bowraville Lions Club wishes everyone a Merry Christmas and a Happy New Year



Don't forget to buy your Lions Christmas Cakes and Puddings from the BTC, Chemist Shop or Post Office

We also have Australian Lions Hearing Dogs calendars available at the BTC. One in six Australians suffer from some form of hearing loss with this number only on the rise. This means that our services are more needed than ever, producing professionally trained dogs for those in need, all given free of charge as a gift from the Lions Clubs of Australia.

NSW Emergency Services

In a life-threatening emergency call triple-0.

People with a hearing or speech impairment should call 106 through a TTY (TeleTYpe) or computer with a modem.

[Rural Fire Service - call 1800 679 737 for Fire Information](#)

Lead agency for preparing and protecting rural communities from bushfires.

[NSW State Emergency Service - call 132 500 for assistance](#)

Providing emergency assistance and warnings [during floods and storms](#).

[Fire and Rescue NSW](#)

Responsible for responding to fire, rescue and hazardous material incidents in cities and towns.

[Ambulance Service of NSW](#)

Providing on-location patient care and transport.

[NSW Police Force](#)

Preventing, detecting and investigating crime, promoting road safety and coordinating emergency and rescue operations.

[Ministry for Police and Emergency Services](#)

Responsible for the coordination of recovery services and disaster welfare services.

[Resilience NSW](#)

Agency responsible for [disaster recovery](#) and building community resilience to future disasters.



BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

"Your local dentist"

Caring for YOUR dental wants and needs.

No hard sell.

8/11

58 HIGH STREET
BOWRAVILLE
6564-7246

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



Together We Rise...

Nambucca Valley Phoenix Open Day was a huge success with our community coming together to celebrate the reopening of Phoenix – Together We Rise!

It was a beautiful day with live music on stage in the garden, an exquisite art exhibition and beautiful food pouring out of the Bank Gallery & Café, and art demonstrations at **The Phoenix School of Art**, down in the yurts. We had nearly 200 people in attendance over the day and the feedback was all incredibly positive, with many people saying, “*What a wonderful thing for Bowraville!*”



Thank you to all who attended making it a fantastic day, and to those who provided feedback to us in our surveys and expression of interest forms to assist us to better serve the needs of our community.

A big **THANK YOU** to Lions Club Bowraville for doing the BBQ, the fabulous musicians who entertained us, Dharendra, Greg Geisler, Ethan Frankel, Terry Simpson, Laura Graham & Sue Smoothy, all the volunteers, Board and staff – it was a great team effort!

The Bank Gallery & Café is open 9am-2pm, WED to FRI until Friday 11th December. We will be closed from Monday 14th December & reopen on Tuesday 12th January 2021 due to renovations.

We aim to increase our café hours in 2021 so watch this space & follow us on Facebook for all updates.

From everyone at Phoenix, we wish you a merry and safe festive season!!

Bowraville Bus Timetable

Departs	
Bowraville Post Office	7.13am
Bowraville IGA	8.13am & 9.13am
Returns	
Macksville to Bowraville	2.35pm
	3.35pm
	4.35pm
<i>Last bus</i>	5.25pm

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

busways Telephone: 6568-3012

N/C

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY



PRESIDENT
Mark Scott
M: 0428527545

SECRETARY
Lisa Matters



2/11



Email:

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



Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation

ABN:19746606729

"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"

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

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCP (In the Nambucca Valley)

- Outings & day trips
- Group Activities
- Meal Assistance
- Friendly telephone calls & visits
- Letter writing and other correspondence
- Assisted Transport
- Advocacy
- Communication with Carers
- Peer Support
- Referrals to other Agencies
- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met. It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

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

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





Christmas Day Lunch

to be held at

Bowraville Central School

Entry via Cook Street

*Must book to gain entry as
COVID-19 restrictions apply
(limit of 100 people)*

11am for 12.30pm

*HOT LUNCH – DESSERT
CHRISTMAS GIFT and RAFFLES*

*To book please call
Tony 0456 257 757 or Kerrie 6564-7925 bh
or the Office 6568-9029*

**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

POTTING MIXES

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.

Protect your garden from summer heat

Summer shouldn't mean the end of a thriving garden. Implement the following into your gardening routine and, with a bit of extra care, your plants and lawn will make it through the hottest months.

Lawn Care

Adjust the height of mower blades to cut as high as possible; the roots won't get as hot and dry so your lawn will stay greener. Apply a soil-wetting agent to help water soak into the soil and stay there. During dry spells, care for your lawn by watering it deeply and thoroughly every week or two to encourage deep roots and a more drought-tolerant lawn.



Pot Plants

Pots dry out quickly, especially terracotta. Consider moving pots to a shadier spot during the hottest periods. Water in the mornings and on extreme days you may need to water in the afternoon as well.

Cover pot plants with shade cloth and lower hanging baskets to the ground. Stand pots in saucers filled with wet, coarse sand. This supplies moisture without rotting roots or allowing mosquitoes to breed in still water. Apply a liquid soil-wetting agent to help pot plants last longer between waterings. Use a liquid fertiliser fortnightly to fortify plants so they are able to resist drought and heat stress.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

1/11

Continued on Page 20

Why you shouldn't sleep with a smartphone next to the bed

Whether you check your emails before you go to sleep or do a bit of online shopping, there are reasons why keeping your smartphone with you at night isn't a good idea.



It can damage the quality of your sleep and leave you feeling grumpy

Research shows that short-wavelength blue light emitted by smartphone, computers and tablet screens damages the duration and the quality of sleep.

Researchers also found that blue light suppresses the production of melatonin and on average, exposure to blue light reduced the duration of sleep by approximately 16 minutes. However, the most significant findings by the team were that exposure to blue light drastically disrupts the continuity of sleep. Monitoring participants of the study's exposure to blue light, 6.7 awakenings were recorded with exposure to weak blue light, rising to as many as 7.6 awakenings a night following exposure to strong blue light.

The participants in the study reported that they felt more tired and in a worse mood after exposure to blue light.

It's a fire hazard

Charging a phone overnight is considered a moderate fire risk, but charging a phone overnight on your bed is considered a high risk.

It could affect your happiness

Research by Professor Sally Power from Wales Institute for Social & Economic Research found that one in five young people regularly wake up in the night to send or check messages on social media which could be affecting their happiness and wellbeing.

- www.mindfood.com

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Enquiries: ph 6564 7401



Frank Partridge VC Military Museum

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

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

This museum is a 'must see'.

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

Admission by Gold Coin Donation.

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

11/11

~ GARDENS & GARDENING ~

From Page 18

Veggie Patch

Harvest produce early in the morning. Watering in the morning also minimises fungal diseases but wilting vegies should be watered any time. Keep beds well mulched with lucerne, pea straw or sugarcane mulch. Erect shade cloth over the vegie patch in hot, dry regions where summer sun burns tender vegies. Use a soluble fertiliser fortnightly, just after watering. Add some Seasol to the mix to strengthen plants.



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 ~

1111

Garden Beds

Avoid planting, transplanting and heavy pruning in hot weather. If fertilising, use soluble forms or make sure the soil is watered well before and after applying granules or pellets. Keep soil covered with a 30-50mm layer of mulch. On heatwave days, plants in moist soil will suffer less damage. Check irrigation systems for leaks and blockages and reprogram timers.

Going Away?

Top outdoor pot plants with pebbles or mulch to help prevent evaporation. A drought shield product, sprayed on the leaves, adds a protective film that reduces water loss from leaves by up to 50 per cent. Place indoor plants on a wet towel in the bath or shower, but don't leave them sitting in water.

- www.msn.com/en-au/lifestyle/home-and-garden



FOOD HUB

Now at
St James' Church Hall



**Friday, Saturday
and Monday
9.30 till 11.00**

Everyone welcome

N/C

BOWRA'S BIG BASH

The Bowraville Lions Club recognises that Christmas this year will still be difficult for many in our community who were affected by last year's catastrophic events.

With this in mind **Bowra's Big Bash** was designed to be an uplifting afternoon and evening for all Bowravillians.

The Lions Club are excited to be hosting the first ever **Bowra's Big Bash**.

Hennessey Tape Oval will come alive on Sunday 20 December with Xmas Markets, petting zoo, giant slide, jumping castle, Bowra's best in show- pet competition, (we want to see your best dressed pet, prizes to be given) musicians, bands, food and lots lots more culminating with the Carols by Candlelight.

So come on down to the oval, browse the Xmas Markets, buy your dinner from one of the food stalls and let's support one another on the road to recovery. **Free entry and all rides are free.**

Don't forget . . . Santa will arrive armed with free presents for all children under 12. See you all there.



We would like to thank our sponsors to date: Bowraville Ex Services Club and the Nambucca Valley Council.



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6/11

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.

NSW's new mandatory QR codes - what are they?

They're the chequered boxes that have popped up at businesses across the state.

The QR (quick response) codes that patrons scan and enter their personal details in order to grab a bite to eat or a beer at the pub.

Since Monday 23rd November, electronic check-in systems have been mandatory in venues across NSW.



So what does the new system involve and how does it work?

Venues are now required to digitally record names and contact details of customers who visit their premises. The QR code was prompted by instances where venues did not keep proper records of their patrons — an issue discovered only after they had a positive COVID-19 case. Prior to this, venues were able to record customer contact details using pen and paper.

A Service NSW spokesperson says digital check-in systems are contactless and safer to use, and allow NSW Health to respond faster to COVID-19 outbreaks. If tracing teams are not able to obtain reliable information, people are unknowingly placed at risk and the virus can continue to spread throughout the community.

Along with being safer, electronic check-in is generally more accurate than pen and paper. Handwriting can be difficult to read and the information needs to be turned into electronic format for contact tracing anyway.

Which businesses must use electronic check-in?

Here are some of the venues that now require patrons to check in:

- Amusement centres
- Aquariums
- Auction houses
- Nail, beauty, tanning & waxing salons, spas, hairdressers, tattoo & massage parlours
- Funeral homes and crematoria
- Drive-in cinemas
- Entertainment facilities
- Hospitality venues, including casinos, food and drink premises
- Pubs, small bars and registered clubs (customer collecting takeaway are exempt)
- Function centres
- Party buses
- Public swimming pools
- Sex services and strip clubs
- Zoos

What happens to my data?

Many electronic check-ins are outsourced to registration platforms that are often owned by companies that deal in collecting data. Some of these operate under opaque rules about how that information is stored and used.

Digital privacy advocates say it's often unclear what happens to the collected data and that some private companies may be vacuuming up huge numbers of names, emails and phone numbers.



Continued on Page 28

Buy your Christmas Gifts in Bowraville

Bowraville Post Office
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Jewellery - Clothes - Toys*

Aunt Emily's
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**Bowra Country
Market**
*Saturday, 12 December
from 9am - 1pm
Lots of good stuff for Chrissy!*

**Nambucca Valley
Phoenix**
have a Gallery full of
beautiful artworks for
that extra special gift.

6 Silly but Clever Uses for Pool Noodles

Pool noodles are one of the weirdest pool toys. They float, and that's about the only reason they're good for water games. Do yourself a favour and use them around the house instead.

Most of these tricks will involve cutting your pool noodle in some form or another. Most serrated knives will work just fine for this task. As always, measure twice and cut once to ensure you don't waste precious noodles.

Create a Bumper in Your Garage to Prevent Dings

Storing your car in the garage to keep it protected from the elements doesn't do much good if you ding the door every time you open it. Attach a pool noodle to the wall right next to where you park your vehicle to prevent damage to either your car or the wall.



Fill Boots with Noodles to Keep their Shape

Pool noodles work great for this purpose. Cut a length of pool noodle the height of your boots and slide it inside for wrinkle-free storage when not in use.

Prevent Doors from Latching

If you need to keep a door open in your home — say to keep an eye on kids in the other room — cut a bit off the end of your children's least favourite pool noodle and attach it to the side of a door. Not only will it prevent the door from latching, but it won't peel paint or leave gooey residue like placing tape over a door latch might.



Create a More Comfortable Bed Railing



If your child (or adult! ...it happens to the best of us) have issues rolling out of bed while sleeping, put a noodle down to the length of the bed and place it under the sheets. It will be less uncomfortable than a wooden or metal railing.

Make Safety Light Sabres

The plastic toy light sabres you find at the store are great fun, but kids can do a bit of damage with them. Cut a pool noodle down to size, give it a duct-tape hilt, and let kids go nuts wailing on each other's sabres without worrying about injury or damage to the toys . . . or the kids.

Use them in a Pool as a Drink Barge

Cut a pool noodle into pieces to make a floating drink caddy. You stay cool, well-hydrated and the pool noodle fulfils it's destiny as a pool toy.



Pool noodles are a pretty OK water toy, but having some sturdy foam laying around the house is always handy for the avid hacker. Even if you don't have a pool it may be worth keeping one around just in case.

- www.lifehacker.com.au

If you struggle with your daily water intake try this

Sometimes the simplest things in life are the hardest to get right. Things like getting eight hours sleep, cutting down on screen time and keeping to a daily water intake goal seem easy, but are not so easy to maintain. They can be the most difficult tasks to tackle because of the pressure to stay on top of them, as well as the constant reminders of the consequences if we get into bad habits.



It probably doesn't need to be repeated, but the benefits of drinking water cannot be understated. What it lacks in flavour and excitement it makes up for in being the holy grail of holistic health - improving mood and memory, preventing the risk of kidney infections, reducing headaches and helping activate our metabolism are just a few of the benefits. With summer now upon us, it's super important that along with sun-safety measures, keeping hydrated is front of mind too.

So, let's ease off on the pressure valve for a second and debunk a few myths around water intake.

The notion that you need to drink eight cups of water per day is a factual relic - it's a rule that was created in 1945 by the Food and Nutrition Board. It's also worth noting that within that research they discovered that a good chunk of this daily intake is also contained in foods like vegetables and fruit. There's also minimal evidence around drinks like coffee and tea having a significant impact on dehydration.

Listen to your body - thirst is your best indicator of hydration and daily water intake varies from person to person and depending on what activities you'll be partaking in throughout the day. There is no one rule that suits everyone.

However, if you feel as though your water consumption has taken a back seat, this could be a solution.

If you enjoy soft drinks, while swapping them for water might seem like a flavourless trade you could always spice things up a bit with a simple addition.

Filling your bottle up with mint, lemon and other fruits, or making frozen fruit cubes could help satiate that hit of flavour you'll be craving when the 3pm sugar slump comes around. Trying an all-natural water infuser or opting for sparkling water could do the trick.

Like everything in life, we're always performing our best when we take the pressure off and try to implement things that'll benefit our own personal needs. It might sound obvious, but something as essential as staying hydrated should be part of your routine too. Remember, it's the little things that count and even swapping one soft drink a day with a fruity, infused water could make all the difference.

- www.popsugar.com.au

Heatwaves: Helpful tips to make sure you're prepared

Heatwaves kill far more people than natural disasters like bushfires, cyclones and floods. Adequate preparation is essential, especially for people at high risk: the elderly, babies, young children, people with health and mobility problems.



Before and during a heatwave

Stay hydrated

Keep drinking water regularly, even if you don't feel thirsty. Avoid alcohol and too much caffeine.

Dress light

Lighter clothing helps your body stay cool. Light-coloured clothing reflects heat and sunlight.

Check on family, friends, neighbours

Keep a close eye on those most at risk, like the sick, the elderly and the young. Do this at an arranged time at least twice a day.

If you or those close to you are suffering heat stress, call for help immediately

Symptoms of heat stress include extremely heavy sweating, headache and vomiting, confusion, swollen tongue.



Stay out of the sun

Take shelter. If you need to be out in the sun, wear a shirt, hat, sunglasses and sunscreen. Sunburn will affect your body's ability to cope with the heat.

Get your home ready

Draw your curtains, blinds and awnings at the start of the day to keep as much sun out of your home as possible.

Seek air conditioning

If you don't have air conditioning at home, spend the day somewhere that does, like a library, cinema or shopping centre. If you do have an air conditioner at home, make sure it has been serviced. Fans will also help you stay cool.

Look after your pets

Make sure your pets have plenty of shade and enough cool water to last the entire day. Putting ice cubes in their bowl will help keep their water cool for longer. Check on them regularly.



Don't leave children or pets in parked vehicles - Ever!

Continued on Page 27

After a heatwave

You should continue to check on **family, friends and neighbours**, particularly those most at risk.

It's also important to **keep drinking water regularly**, even if you don't feel thirsty.

Also, **be careful around trees** - they often drop limbs when it's hot.



Emergency services

Agencies work together to issue alerts for heatwaves, so the agency issuing the alerts will vary.

Be on the lookout for alerts related to heat health (generally issued by the chief health officer), extreme heat or about transport disruptions.

The Bureau of Meteorology (BOM) now forecasts heatwaves between the start of November and the end of March using maps showing colour-coded heatwave severity for the previous two to three-day period and the next three to five-day periods.

Your local doctor, hospital or health professional is a source of advice if in doubt. All life-threatening situations should be reported by calling triple-0.

- www.abc.net.au



Bernard Laverty Funerals
24 hours 6568 1555



Serving the community for over 60 years

NSW's new mandatory QR codes - *Continued from page 22*

There are concerns data could potentially be resold, used for identity fraud or to track a person's location and social groups and used in micro-targeted advertising for misinformation campaigns.

This is why Service NSW "strongly" encourages businesses to use the NSW Government QR code Check In, which customers can access via the Service NSW app.



Do I need a mobile phone?

The short answer is no. You don't need a phone in order to visit these businesses.

This will come as welcome news for people who have expressed concerns the system is discriminatory.

A Service NSW spokesperson says businesses are required to provide alternative methods of digitally recording the details of customers who don't have a smartphone. This might include completing an online form on a tablet or other device or entering your details into an Excel spreadsheet.

As long as it's done digitally, it's fine.



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7 DAYS

2/11

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1/11

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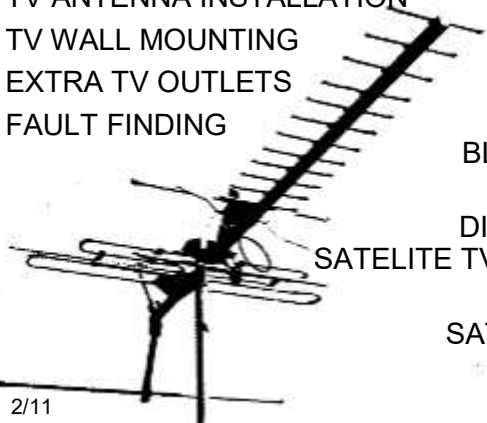
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1/6

Your mobile phone could help save your life - *Continued from Page 12*

Using **Google Maps** you can press and hold anywhere on the map, such as your location marked with a blue dot, to drop a red pin. Tapping on the pin will bring up information including the co-ordinates.

If you use **Apple Maps** tap the blue dot on the map representing your location, which will call up data including the co-ordinates.

The **Emergency+** app detailed above, also provides easy access to your GPS co-ordinates.

The app **What3Words** also explained on page 6, uses a combination of ordinary words to provide your precise location in a way that is easier to convey than latitude and longitude. The Triple Zero operator can see your address if you call from a landline - but not if you're ringing from your mobile. Technology should soon be available to allow the operator to see your exact location, but for now, it isn't possible.

A word of caution

A mobile phone can be an invaluable way to help keep yourself safe during a disaster but you should make sure you have other ways of receiving information in an emergency.

Mobile towers can go down during an emergency so you need to make sure you've got alternate ways to find information.

- www.abc.net.au

POSITION VACANT:

VOLUNTEER PART-TIME MANAGER of BOWRAVILLE PIONEER COMMUNITY CENTRE



MAYBE YOU HAVE SOME TIME ON
YOUR HANDS AND WOULD LIKE TO
MAKE A POSITIVE CONTRIBUTION TO
OUR COMMUNITY?

DO YOU NEED TO DO VOLUNTEER
HOURS FOR CENTRELINK?

STUDENT WORK EXPERIENCE? RETIREE? YOUNG PARENT?

**The Pioneer Community Centre is seeking someone to Manage
the building and its activities.**

Administration, Computing and Public Relations skills useful.

Contact: Secretary: 0400 828 471 or bcdainc@gmail.com

VACATION CARE PROGRAM – December 2020

Location: Frank Partridge School - Centenary Parade, Nambucca Heads.

Centre Mobile: 0431 233 594 Coordinator Mobile: 0407 141 804 Office: 6568 4471 Opening Hours: 8am to 6pm

<p>Thursday 17th Dec</p> <p><i>Making Reindeer Biscuits & decorating our Christmas tree</i></p>  <p>Christmas Craft all week</p>	<p>Friday 18th Dec</p>  <p>Walk to the Movies for popcorn and a DRINK.</p> <p>Xmas craft</p>	<p>Monday 21st Dec</p> <p>Christmas tattoos, nail polish and coloured hair spray</p>  <p>Make Reindeer Food to take home</p>	<p>Tuesday 22nd Dec</p> <p>Andy Jones performing LIVE</p>  <p>Songs & Rhymes</p> <p>Christmas activities & Free Play</p>	<p>Wednesday 23rd Dec</p> <p>Coffs ten pin</p>   <p>Christmas craft and cooking.</p>	<p>Thursday 24/12/20</p>  <p>A variety of cold meats, salads, Christmas Rocky Road along with Christmas trimmings & games</p>  <p>Only one more sleep!!</p> <p>Merry Xmas & Happy New Year!</p>
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Friday 18th Dec 2020- we will be walking to the movies where the children will have a popcorn and juice or water while watching the movie.

Tuesday 22nd Dec 2020- Andy will be performing live stories and songs from his books. 2 hour show packed with laughs, raps and rhymes.

Wednesday 23rd Dec 2020- we will be catching a bus to Coffs harbour for our 2-hr session of bowling. **All children must wear joggers or runners for them to be able to participate in bowling.**

Thursday 24th Dec 2020- we will be having a xmas lunch together with a variety of cold and hot meat with salads and bread rolls.

FEES: FEES: Accounts need to be up to date to guarantee a position. If we do not receive at least 24hrs notice of cancellation, an absence will be charged and if your child is absent on the first day of care or the last day CCS will not pay for this and you will be charged full fee. An administration fee of \$10 will be added where we have had to reissue invoices due to non-payment. Any accounts still outstanding will need to be paid in full and fees paid daily.

Enrolment forms and Immunisation history statements- All enrolments must be updated for the 20-21 forms along with the Immunisation history statement must be on each child file before bookings are taken.

CLOTHING: Please ensure your children are prepared for the hotter weather - no thongs or strappy singlets. Children will be directed to play in the shade between the hours of 10.00 am and 4.00 pm as much as possible. As Frank Partridge VC Primary School in located in a high fire-risk area, Nambucca families should read the letter regarding bush fire arrangements.

We hope the kids enjoy the holiday programme we have developed and that all families have a wonderful & safe break.

Wishing you all a Merry Christmas and a Happy New Year.

Nambucca Centre Pickup- After 5:30pm please use side door in top staff parking for safety reasons.

Remember to check for any lost property

Please remember to Slip, Slop Slap. Sunscreen is provided. Please bring a hat & drink bottle.

Nambucca Valley OOSH



After School & Vacation Care

Join the 40% of services who have received a Strategic Inclusion Plan sticker. Talk to your Inclusion Professional.

Our service values inclusion

VACATION CARE PROGRAM –January 2021

Location: Frank Partridge School - Centenary Parade, Nambucca Heads.

Centre Mobile: 0431 233 594 Coordinator Mobile: 0407 141 804 Office: 6568 4471 Opening Hours: 8am to 6pm

<p>Monday 4/1/21 SPRINGLOADED</p>  <p>Toormina</p>	<p>Tuesday 5/1/21 Tacos Tuesdays and 3D Dinosaurs</p>  <p>Burritos, Tacos and Nachos</p> 	<p>Wednesday 6/1/21 EXCURSION</p>  <p>Giingan Experience Tour at Sealy Lookout Coffs</p>	<p>Thursday 7/1/21 Wheels Day</p>  <p>Bring your bike or scooter. YOU MUST WEAR A HELMET.</p>	<p>Friday 8/1/21 Active Circus Skills</p>  <p>Coffs showgrounds</p>
<p>Monday 11/1/21 Tie dying Shirts</p>  <p>Dream Catches</p> 	<p>Tuesday 12/1/21</p>   <p>PORT MAQUARIE (Tennative)</p>	<p>Wednesday 13/1/21 Crazy Hair and Dress up Day</p>   <p>Wear your craziest hair and favourite costume.</p>	<p>Thursday 14/1/21 Fishing & BBQ lunch</p>  <p>Bellwood Park Bring your FISHING ROD</p> 	<p>Friday 14/1/21 Pom Pom art</p>  <p>Plasticine creations</p> 
<p>Monday 18/1/21 Trent Munro Surf Education Program</p>   <p>Bellwood park</p>	<p>Tuesday 19/1/21 Shell photo frames</p>  <p>Cooking vegemite + cheese scrolls</p>	<p>Wednesday 20/1/21 Pizza Making & Pamper day</p>  <p>Feet soak, nail polish and massages</p>	<p>Thursday 21/1/21 Min it to win it Vac style take 2</p>  <p>Wear your swimmers for water fun</p>	<p>Friday 22/1/21 SPRINGLOADED</p>  <p>Toormina</p>
<p>Monday 25/1/21 Coffs ten pin</p>  <p>Aust Day World Activities</p>	<p>Tuesday 26/1/21 Public Holiday</p>  <p>australia day</p> <p>We are Closed</p>	<p>Wednesday 27/1/21 Bush walk and nature collages</p>  <p>Design your own bag</p>	<p>Thursday 28/1/2021 MOVIES</p>  <p>Walk to the Movies for popcorn and a drink to watch DRAGON RIDER</p>	<p>Friday 29/1/2021 School is Back</p> <p>ASC Returns for 2021, Please confirm your days and make sure your details are updated.</p>

Weird things your brain can do

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

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

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

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

Misophonia



If the sound of someone chewing with their mouth open or chugging a can of beer makes you want to reach down their throat and rip out their intestines, you're not alone.

Researchers are finally looking into why some sounds trigger serious rage-hate in some people. The people who had misophonia knew they were being irrational (not about chewing with your mouth open — that's just wrong) but needed to develop their own sorts of coping methods to deal with the rage. The jury's still out on what's causing some people's misophonia, but early research has linked it to a very specific form of obsessive-compulsive disorder.

Other research seems to suggest that the brain of someone who can't stand the sound of markers on a whiteboard is working a bit differently than most brains. There's likely a sort of hyper connectivity between the person's auditory system and the limbic system. The latter is where our emotions come from, which suggests you really, honestly are feeling that murderous rage, and you're not just imagining it. More recent research suggests misophonia doesn't just cause rage, either. It can also pique emotions like sadness, anxiety, and disgust, among others.

- https://www.grunge.com/33063/weirdest-things-brain/?utm_campaign=clip

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

10/11

Blokes' Breaky
1st Saturday of the month
at St James - ring Tony to
book on 0456 257 757

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

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

10/11

BOWRAVILLE CENTRAL SCHOOL Year 12 Graduation and Celebration Dinner

Needless to mention it has been a tough year but our Year 12 students were able to celebrate 13 years of schooling with a small farewell assembly with parents and a limited number of school colleagues on November 17th.

They completed celebrations with a formal dinner that night at Nambucca Ex-service Club. Students and guests had to adhere to rules that other years haven't experienced but everyone turned up in their finery, glad to be able to celebrate at all, and had a wonderful night.

Students were toasted by their Year Advisor, Richard Clarke who, with the help of student mentor, Sue Luong-van (Nanny Sue), handed out the years' achievement awards. Congratulations to Crystal-Rose Harte, who was announced as Dux of the school, and to the whole class of 2020.

N/C

4 SIMPLE STEPS to making your Bush Fire Survival Plan

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



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



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



3. KNOW
the bush
fire alert
levels.



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

BOWRAVILLE CENTRAL SCHOOL

DECEMBER 2020

Year 12 Graduation and Celebration Dinner



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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Music for a Monday Morning ErnaG Energise your week with the ErnaG Music Show	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	2NVR Music Mix Gold at Breakfast Dayna Gold Wake up with Dayna. It's gold.	Under The Stinging Tree Poppa All music, news, int...	The Big Breakfast With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend	Here Be Dragons Nuke or Elizabeth No-lev the and ice music and comedy	2NVR Music Mix Sunday Morning Music With Phil	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Dyer's Loop With The Dyers Music to jive for of course	Isn't It Romantic With Dabas Dert Crooners Easy Listening	Tones of Clairresence Chare Watt-Powell All things local	Talk Of The Town Con Wrobel See what's going down! All things local	Hair Of The Dog Mick Brides Rock, Pop, Covers and Music Trivia	Folk and Aussie music focus from the past few decades	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Linton, Eddie Omega & Ron Hawkins	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman Where anything can happen and probably will!	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will!	Flashback With Rob Davidson	Phase Out With Faye Faye Aspiotis	8 AM
9 AM	The Weekley Fix Paul Wesley	Rock On With Jimmy & the Bluebirds	Just For You Carole J. Sizemore Featured by Karole's Deuticha Musik Stunde 2NVR Multicultural Radio	Turn Up The Volume With Les McIlhann	Jacinta's Easy Listening Jacinta Sunderland Music to your ears...	Garage Noise With Sean Ambrose Alternative Music	Lots of Aussie music old and new	9 AM
10 AM	Macca on a Monday Les McIlhann Playing Rock n Roll from the 60s, 70s & 80s	Roving with Bubble 'n' Squeak Michelle & Linda Bible reflections, Gospel & Australiana	MC Grim Mark Seagram Music with a wicked difference	Wend Down for the Weekend Su & The Crew Self rock & listener requests	Music to your ears... Wind Down for the Weekend Su & The Crew	Saturday Magazine With Rachel Burns	Praise, Prayer & Pop With Linda & Michelle	10 AM
11 AM	Bowra Beats 2NVR Youth Radio with Grace	Sister Act Olivia & Sam	Tune in with Alex 2NVR Youth Radio	Thursdays Country Trickyc Self rock & listener requests	Rhino On The Radio Eclectic, emmerent fun with more than a dash of insanity	Two For The Money Paul and Rachel Burns Specials on repeat for Spring	That's A Wrap Donna Ngia Mitch Gary & Les Local sports results and in-depth analysis	11 AM
Noon	Hinterland Ben Walters	Melina Sunshine & the Blue Wren Not out of the box radio entertainment	The AMRAP Music Show Ant's Rock Anthony Garrozy Solid Rock	Nambucca Valley Roundup Bistro	The Friday Night Rock Show with Todd Wells Continues overnight	In a Funktional World Ange Parish Funk & World, new to old, with huge smatterings of indigenous Aus music. Junes for groover!	Prog Rock Playlist Rhino The best of Progressive Rock	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Blues Soul Funk Matt Leibrand & friends Blues, soul, funk and lively interviews.	Ant's Rock Overnight	Highway Blues With Retro 66 When Only The BEST BLUES Will Do	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	1 PM
2 PM	Music Makers With Yen Mixed music with featured artists	Soul Into Rhyme Just get rapped with Matt	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	2 PM
3 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Ant's Rock Overnight	Jeff's Junk Jeff Mills 2NVR Music Mix	The Friday Night Rock Show with Todd Wells Continues overnight	Woolly Woolly's music & requests	Imagine This Radio drama Click	Midnight

National Radio News is broadcast each weekday at 6am, 7am, 8am, 9am, Noon, and 6pm. 2NVR — Multicultural Award Winner. Tewings studio and office: 02 6564 7777 email: admin@2nvr.org.au The Secret Little Station In The Nation