

# 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

DECEMBER 2023 ~ ISSUE #224 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

## Bowraville Christmas Festival

**Friday  
December  
15th** from  
4pm to  
approx.

*High Street  
will be closed  
for this  
event.*



**Jumping  
Castle**

**Carols**

**Fire  
Engine**

**Happy  
Christmas**

**Free  
Movie**

**Arts  
Show**

**Market  
Stalls**

**Food  
Stalls**

**Fairy  
Floss**

**Foot-  
print  
Check**

**Pop  
Corn**

**Nativity  
Trail -  
Spot the  
Sheep**

*We're looking for elves or Grinches to help out on the evening.*

Contact: [chamber@bowraville.nsw.au](mailto:chamber@bowraville.nsw.au)

Organised by members of .....  
**Bowraville Lions Club, St James Anglican Church  
and Bowra Chamber of Commerce.**

**All past and current Bowraville Community News are available online at  
[www.bowraville.nsw.au/newsletters](http://www.bowraville.nsw.au/newsletters)**

# Bowraville Technology Centre

**Open 9.30am to 4.00pm Weekdays**

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

## Computer Usage

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

## Printing and copying

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

## Other services

**Hire of data projector + Portable screen** - \$10 day

**Shredding** - ask for a quote

**Computer repairs** - \$25 minimum

**Laminating A4 and A3 Binding & Guillotining**

**We now take credit card payments!**

## ALL ADVERTISING

### ENQUIRIES to

[admin@bctc.com.au](mailto:admin@bctc.com.au)

### ADVERTORIAL

### and GENERAL

### CONTENT ENQUIRIES

to

[wendy@bowraville.nsw.au](mailto: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](mailto: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 COMMUNITY NEWS

## CIRCULATION = 300 COPIES

Newsletter is also available online at:

[www.bowraville.nsw.au/newsletter/](http://www.bowraville.nsw.au/newsletter/)

## 2023 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

## DEADLINE FOR COPY FOR

**THE FEBRUARY 2024**

**ISSUE IS: 4:00PM**

**TUESDAY, 23rd JANUARY 2024**

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

### **BOWRAVILLE TECHNOLOGY CENTRE**

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

## DISCLAIMER

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements —Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

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 Ex-Services Club

PH- 6564-7304



*We have been renovating and are excited to announce  
the opening of our new bistro . . .*

## ***The Frog and Barrel***

The dining/auditorium area will have a refreshing WOW appeal  
with new furniture and décor and all diners will enjoy  
a tasty new menu and a new wine selection.

Our friendly bistro staff can cater for all your function needs  
with a personalised or set menu starting at \$25 per person  
for a 3-course meal seating up to 100 people.

### **Book your next function . . .**

***Weddings Birthdays Adult and Kid's Parties  
Celebration of Life Events***

We've taken care of the kids by installing the KIDS ZONE with lots of  
activities to keep them amused - treat them to a frog shake or frog sundae.

**Bistro is open Wednesday to Saturday**

**Lunch: 12-2pm - Dinner: 5.30-8pm**

***Take away available on all meals including our new pizza menu***

**Weekly Blackboard Specials**

Don't miss our Raffles on Wednesday and Friday nights.

Meat trays supplied by Farm to Freezer

**MEMBERS' DRAW minimum \$1500 - Tickets from 6pm**

*Become a member - join now and don't miss out!*

*Our staff look forward to welcoming you.*

**HAPPY HOUR - All Schooners \$5.00**

**from 5pm to 7pm daily**

**FREE POOL Everyday**



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# 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

Have you checked out the  
Bowraville Community Website?

**[www.bowraville.nsw.au](http://www.bowraville.nsw.au)**

It's the place to go  
to find out what's happening and where . . .  
in our town.

***You can get the monthly Bowra Community News,  
the weather, upcoming events and much more . . .***



## Nativity Trail

A fun activity for Bowravillians is the **Nativity Trail** - a project of the Nambucca Valley Anglicans and involves businesses in the town displaying a tiny white sheep. Each sheep has a name displayed on a card and it's the participants job to find the sheep and note their names on the provided sheet. The search ends on 15th December.

## Art Exhibition

Phoenix gallery is proud to host this year's **Art with Heart Exhibition "FREEDOM"**.

WHEN: 9th Dec, 10am - 1pm. WHERE: 88 High Street, Bowraville.

Art with Heart Nambucca Valley is a local art group that meets weekly and supports artists with disabilities. Sisters Barbara and Carmel Mott, Kristine Reynolds and Andrew Raveanne have been busy creating their art. The works range from pottery to big artworks on canvas. 10% of the sales will be donated to beyond blue.

## Acoustic Duo

**Julie Kovendy and Deebee Bishop** will perform a concert of their favourite songs. From Bob Dylan, Cold Chisel, David Bowie, Amy Winehouse and lots more at the Soldiers Memorial Hall on the corner of Eungai Creek Road and Hall Road at Eungai Creek on **Sunday 3rd December at 3pm** Tickets \$10 at the door - Under 15s free. Afternoon tea available - \$5 for tea/coffee and home made cakes.

## Landcare News

Nambucca Valley Landcare completed **two successful community planting days** in October. One at Warrell Creek at Scotts Head as part of our River Restoration Works, and one helping to plant a koala habitat corridor at Valla Rural. Over 1,000 trees were planted with the help of our wonderful community volunteers. Keep an eye out for our next planting day – March 2024.

Nambucca Valley Landcare also recently completed showing the movie Rachel's Farm across the Valley. Over 130 people attended 3 free screenings at local Community Halls. Thank you to the Hall Committees for hosting this event. A farm workshop was also successfully held at Missabotti focussing on regenerative agriculture - inspired by Rachel's Farm.

*Does your computer need servicing?*

*Is it going slow?*

*Do you suspect a virus?*

*Or it just won't work the way you want it to?*

**Come into the  
BOWRAVILLE TECHNOLOGY  
CENTRE**

**39 High Street, Bowraville  
6564-7420  
admin@bctc.com.au**

**BOWRAVILLE GIFT SHOP**



**LOCATED AT BOWRAVILLE POST OFFICE  
27 HIGH STREET BOWRAVILLE**

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

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## 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!***



**One-on-One**  
**Technical support**  
**\$30 per 1/2 hour**

**Counter Assistance**  
**for small fixes**  
**\$2 per 5 minutes**

If your computer requires servicing, or has issues, you will need to make a booking and there will be a minimum fee of \$35.

***For technical issues contact BTC for a booking.***

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

*“At Christmas  
play and make  
good cheer,  
for Christmas  
comes but once  
a year.*

*~ Thomas Tusser*

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

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

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

Call Cynthia on 6564 7420 for more information.

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

**eftpos**

## Christmas Festival oasis at our Community Centre

A QUIET SPACE . . . with so much happening out on the street, the Pioneer Community Centre at 70 High Street will be providing a wonderful, quiet space to sit to relax, grab a cuppa or bite to eat, then prepare to re-enter the Christmas Festival activities.

This space at the back of the hall, including the cafe and the covered outside deck with its great outlook, will be set up to cater for both young and old. As well as the regular tables and chairs there will be couches, cushions, mats and quiet activities for children.

### *THE PARTY CHILL OUT ZONE*

## DEFIANT HOPE INSPIRATIONS

Meanwhile, the front of the hall will host an engaging exhibition on DEFIANT HOPE and the opportunity to purchase locally created ethical Christmas gifts.

So what is *defiant hope* – It is believing in, standing strong, and acting for a better future for all, in spite of many challenges – it may mean not going along with what most of your society thinks is OK.

For me, at over 70 years of age, growing up in a time where there were not any plastics and not much stuff, a great challenge is the consumption and wastage of our earth's limited resources for more and more and more. Does more bring happiness? When is enough, enough? What happened to *waste not - want not*?

So come along, check out your impact and explore alternatives.

If you are local and make a product from what might otherwise have been regarded as waste and gone to the tip, please contact me – [tesselates@gmail.com](mailto:tesselates@gmail.com) - or leave a message in the letter-box on the door at 70 High Street.

### *THINK GLOBALLY – ACT LOCALLY*

## Tidy Town Awards 2023

Bowraville was judged the best town in its population category and was a finalist for the Tidy Town NSW Award. This is the second time we have achieved this but still the elusive Tidy Town of the Year Award wasn't in our reach. We were beaten by Bathurst so they will go on to represent NSW at the Australasian Awards, so we wish them luck in their endeavours.



Wurinda Gill won the Young Legend of the Year Award, the Yuraal Nursery also won their Conservation Award and Phoenix and Landcare received Highly Commended Awards in their categories.

The Awards were held in Scone this year as they were last year's winners. They turned on a wonderful weekend, the weather was kind to us as it rained enough to put out the local bush fires.

Interesting to see another town redoing its Main Street which is still in a state of chaos but looks to be much more friendly in the future for the community.

"The commitment of the councils, organisations and individuals who entered is evident in the calibre of the entries received this year and I would like to congratulate this years' winners and finalists and everyone that entered" said Ms Southam CEO of Keep Australia Beautiful NSW.



## How Australians are using ChatGPT and other generative AI in their everyday lives

In the last 12 months, a big experiment has been taking place in Australia.

New models and interfaces of generative artificial intelligence (AI) have been dropped amid the public, with little sense of how they'll be used.

Technology known mostly to developers has become an everyday tool for teachers and retirees, accountants and tradespeople.

Knowledge of ChatGPT and its competitors spread by word-of-mouth, through chatter at school pick-ups or in the family WhatsApp. These new users found novel applications, often far from the world of Big Tech corporations that had invented and tested the technology.

A young man in Queensland consulted it for relationship advice. An Adelaide woman asked for a poem to her boyfriend. A Brisbane rideshare driver turned to it for legal advice. An octogenarian man found ways to improve his system for placing bets. A young woman in Melbourne commissioned a love poem to her neighbour's dog — on behalf of her own dog.

This is the story of how a strange new technology percolated through society over the summer of 2022/23.

### The punter, the tradie, and a poem for the neighbour's dog

San Francisco-based OpenAI released ChatGPT on the last day of November in 2022, reportedly with little hope for its success.

For the company, the product wasn't that new or exciting. It had been releasing AI models on a roughly annual basis for years. The latest big release, GPT3, was in 2020. ChatGPT was powered by an updated version of that two-year-old technology, called GPT3.5.

But ChatGPT had what the earlier product releases didn't: an easy-to-use chat-based interface. This proved to be the difference. Within five days, ChatGPT amassed more than one million users. Within two months, the figure was 100 million.

In Byron Bay, NSW, Nic heard about ChatGPT through a friend in February. The manager of a company that does small building works in the coastal town, he asked ChatGPT to write a speech for his team of tradespeople.

"Give me some materials and tools and I'm alright but ask me to motivate a team ... and I'm lost for words," he said.

ChatGPT wrote a speech about focusing on quality work rather than speed, and he delivered it verbatim to his team, apparently with great success. He didn't tell anyone it was ChatGPT. "We are tradies, not motivational speakers," he said.

That same month, in Melbourne, Courtney asked ChatGPT to write a Valentine's Day poem for the neighbour's dog, Riky, on behalf of her dog, Cherry.

"My dog is obsessed with the next door neighbour's dog," she said.

The AI's first effort was a pretty decent haiku (a Japanese poetic form that consists of three lines, with five syllables in the first

*Continued on Page 20*





## **Blokes Brekky**

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

## **Womens' Brekkie**

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

## **Bowra Country Markets**

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

## **St Jimmy's Kitchen**

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

## **St Jimmy's Food Hub**

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

## **BOWRA HOTEL**

OPEN 10AM - MIDNIGHT

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### **BISTRO**

Tuesday - 5.30 to 8.00pm

Wednesday to Saturday

11:30am - 2:00pm and 5.30pm - 8pm

Sunday

11:30am - 2:00pm and 5.00pm - 8pm

**WOOD-FIRED PIZZA**

Thur, Fri and Sat from 5.30pm

*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**



## **Bowraville & District Ex-Services Club** **6564-7304**


*What we have to offer . . .*

**TAB - KENO - BINGO**

**RAFFLES - Wednesdays & Friday**

**MEMBERS' DRAW min \$1500**

**KITCHEN Wednesday to Saturday**

 Lunch 12-2pm - Dinner 6-8pm

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

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**FREE POOL Everyday**

## **Bowraville Folk Museum**

*High Street, Bowraville*

*Phone/Fax: 6564-8200*

**MONDAY-FRIDAY 10am-3pm**

**WEEKENDS 10am-1pm**

**PUBLIC HOLIDAYS 10am-3pm**

email: [bowravillefolkmuseum@gmail.com](mailto:bowravillefolkmuseum@gmail.com)  
twitter.com/bowravillefolk

*~ Groups by appointment ~*

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## **NAMBUCCA RIVER 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 backed by real estate specialists.

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

To see what our clients think of Nambucca River Realty go to  
[ratemyagent.com.au](http://ratemyagent.com.au)

**CRAIG BELLAMY 0412 080 287**  
**NARELLE HARPER 0435 054 625**  
[www.nambuccariverrealty.com.au](http://www.nambuccariverrealty.com.au)

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## What's on in DECEMBER 2023

# BOWRAVILLE THEATRE

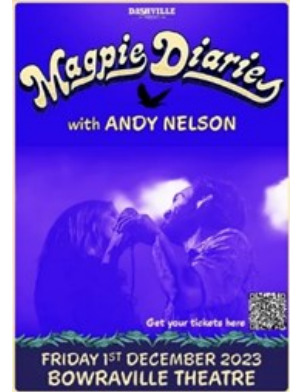
**Friday, 1st December 2023**

**7pm - Music starts 7.30pm**

### **MAGPIE DIARIES with Andy Nelson**

Magpie Diaries share a blend of smooth soul country and alternative folk airings alongside flourishes of psychedelic nuance. Cafe will be open for cold drinks, popcorn, sweets and savoury snacks. Tickets \$25 - \$10 under 14yrs online +bkg fee @ trybooking or at door if available. EPTPOS is available.

Wheelchair spaces available at the theatre please specify if you require a space at the time of booking.



**Sunday 10th December 2023 - 2pm**

### **CLASSICS FROM THE HEART**

#### **by Bowraville Theatre Singers in Concert**

A very different repertoire presenting more classical and lighter spiritual songs. Our enthusiastic voices will also present three madrigals. Soloists and other small groups will also delight.

The Bowraville Arts Council will open the Café at 1.30 and at interval for refreshments - cold drinks, popcorn, sweets and savoury snacks.

Tickets \$20 online @ tickethost +bkg fees or if available at the door EPTPOS is available.



**Bowraville Theatre - 74 High Street, Bowraville**

For more details of the above events go to [www.bowravilletheatre.com.au](http://www.bowravilletheatre.com.au)

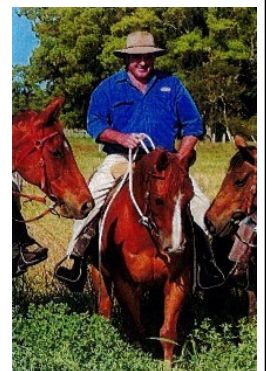
Email: [bowravilletheatre@bigpond.com](mailto:bowravilletheatre@bigpond.com) Tel: 02 6564 7808

**BARNEY TOWNLEY 0428 647 340**

**Barney Townley** is a local farmer well known for his knowledge of the Nambucca Valley farming community.

Barney has a great understanding of what is being sold and can identify the unique features of your rural property, helping interested buyers find what they are looking for.

If you're looking to sell your farm or find the right rural property to suit your needs, give a trusted local, Barney Townley a call.



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**NAMBUCCA VALLEY & SURROUNDS**  
[www.ruralsales.com.au](http://www.ruralsales.com.au)





# **Bowraville Christmas Festival Schedule**

**Friday 15th December 2023**

<b>3.15pm</b>	<b>Road Closure</b>
<b>4.00pm</b>	<b>Stalls Open</b>
<b>5.00pm</b>	<b>Local School Choirs including St. Mary's School Choir singing in Language</b>
<b>5.50pm</b>	<b>Welcome to Country</b>
<b>5.55pm</b>	<b>Mayor Hoban will open the Christmas Festival</b>
<b>6.00pm</b>	<b>Bowraville Theatre Singers Perform Christmas Carols</b>
<b>6.30pm</b>	<b>Fire Engine delivers Santa</b>
<b>7.00 to 9.00pm</b>	<b>Music performed by various local musicians</b>

*Schedule may be subject to change.*

# Managing the Stresses of Christmastime

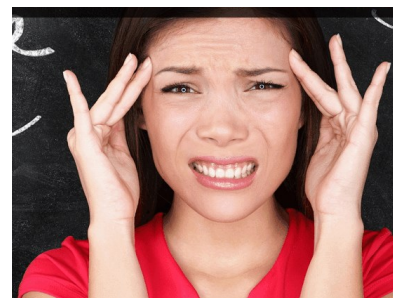
*Although Christmas is meant to be a happy and joyful time this isn't how everyone feels at this time of the year. Christmas can be stressful and depressing for many people and for many reasons.*

*Following are a few of those reasons and suggestions on how to manage them.*

## Financial and time pressures at Christmas

The expense of gifts and food, the pressure of shopping and the expectations of the season can make Christmas a very stressful time. *Suggestions include:*

- Budget for Christmas so that you don't overspend. This may mean putting money away each week throughout the year and sticking to your shopping list.
- Do your Christmas shopping early, perhaps in November. Some people like to do their Christmas shopping gradually over the course of the year, starting with the post-Christmas sales.
- Shop online or use mail order catalogues to avoid the crowds at shopping centres.
- Consider a simpler version of Christmas lunch this year such as a buffet where everyone brings a plate or delegate as many tasks as you can.
- Seek advice from a financial counsellor if you are experiencing severe money troubles. Centrelink offers free advice for people on benefits.
- Remember, you don't have to spend money to give someone a present - you can give of your time and expertise as well. If you are strapped for cash you could give someone a babysitting voucher where you offer to babysit for an evening or offer to help out with a task that needs doing around the house or garden. Tutor someone for an hour, proofread an important letter or job application, walk their dog - whatever suits your skill set and the time you have available.



## Isolation at Christmas

Some people find themselves alone at Christmas time. This may be due to relocation to a city far from relatives, a marital break-up or family estrangement. The emphasis on family, friends and shared good times during the 'festive season' can make people who are isolated feel depressed and unloved. *Suggestions include:*

- If separated by distance, keep in touch by phone, mail and email.
- Christmas shopping for loved ones can help you feel connected even though you may be half a world away. Post overseas gifts early to avoid the Christmas mail rush.
- If you have no one to share the day with consider volunteering for charity work, you could help organisations such as The Salvation Army give Christmas lunch to people.
- If you are living overseas arrange a 'friends Christmas' with other people you know who are in the same situation.
- Attend community celebrations such as Carols by Candlelight and neighbourhood picnics.
- If you are estranged from loved ones, perhaps you could attempt to

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**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*





# Stay sun safe this summer



*Come into the Bowra Pharmacy and check out our extensive range of sun hats for Children, Men and Ladies . . .*

*All at 10% off.*

*Classy Christmas gifts for adults and great stocking stuffers for kids.*

*We also have a wonderful range of Christmas gifts to choose from for family and friends.*



**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**

6/11



*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 with  
one of our friendly staff.*

*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.



**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

6/11

## Prepare your Garden for Christmas

**Planting** – Try planting red and white flowering annuals to create a Christmas vibe and brighten up your garden - Petunia, Allysun, or Salvia. For many flowering annuals it can take up to 12 weeks until they are mature and flowering so if you've run out of time plant "potted colour" - established plants instead. Pot up into larger pots or plant in the ground as a border or mass planting.



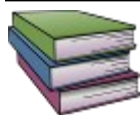
**Decorating** — Many indoor plants, including Poinsettias, make great table decorations. At the end of your party keep them in a pot, give to your guests as gifts, or plant in a shady and protected area in the garden.



**Feeding** – Give garden beds an all-over quick and easy feed with a hose-on natural all-purpose fertiliser to encourage healthy green growth and promote lots of gorgeous flowers.

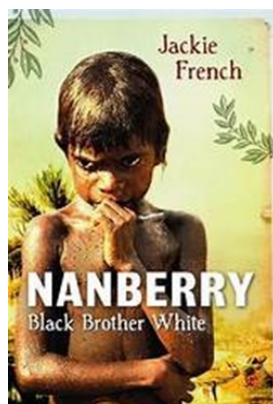
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## Nanberry Black Brother White by Jackie French

I know we shouldn't judge a book by its cover but when I saw Jackie French as author, *The Children's Book Council of Australia 'Honour Book'* accolade and the photo of the young boy on the front cover



I just thought, "this has got to be a good read". And it was!

This is a novel but, due to the great deal of research and reading of diaries and letters before Jackie French put it together, it is practically a true story.

Nanberry is set in 1789 in the first colony of settlers in Sydney Cove. The colony consists mainly of convicts (many, who as we all know, were guilty of not much) and the 'Rum Corps' (so aptly named for their drinking, skulduggery and nastiness), the surgeon John White, the governor and other workers.

As illness takes over the Aboriginal Cadigal tribe John White ends up adopting the young Nanberry as his son. He's a clever lad with a knack for

language, leaning English quite quickly and with this he is able to adapt to his new life. Before long Nanberry has a white brother, Andre, and the two of them explore the difficult environment in which they live.

From there the novel follows their lives and those of the important people in them, including surgeon John White and Rachel, Andrew's mother.

I'm so glad I wasn't born back then! What a difficult, horrid time for so many people especially women. The lack of healthy food (when a second ship did not come for nearly 2 years), the terrain, the alcohol and lawlessness, the climate and difficult physical environment, lack of medical supplies..... really there was a lot lacking.

For the indigenous Australians it was perhaps an even more horrid, absolutely dreadful (words don't describe) time especially as they were unable to withstand the new diseases that arrived with the boats, were on the receiving end of treatment most foul and whose way of life was to be forever changed.

Yes, it is a childrens' book but I think it's fit for the rest of us as well.

- Read and reviewed by Volunteer Raewyn

## BOWRA BOOK FAIR

### Saturday and Sunday 20 & 21 January 2024

Community Centre, 70 High Street, Bowraville

Open Monday to Friday 9am to 12noon on 16th to 19th January to receive your donations of books, puzzles, CDs and DVDs.

Enquiries 0400 828 471 [marion.syratt@gmail.com](mailto:marion.syratt@gmail.com)

## Changes needed to Blueberry Farming regs. A 2nd Meeting is organised for Monday 11 December at Macksville RSL Club at 6pm

Concerned residents will gather at a second public meeting to discuss several new intensive blueberry farming operations in the Nambucca Valley.

“Blueberry farming can be very destructive to the surrounding waterways and the local environment, but it is not well policed by the EPA or the Council,” Lucy Shepherd, a local resident and one of the organisers of the upcoming meeting said.

The meeting will start on the dot and we ask people to come early and support the club as they are providing a meeting room free of charge by buying a beer or coffee (or whatever).

The meeting will be along the lines of the previous meeting. We don't have a formal committee - it's a group who can share information, ask questions, keep abreast of our communications with council etc.

We have called ourselves NEN - Nambucca Environment Network - and there is both a Facebook and an Instagram page.

**SEE YOU THERE**

### MACKSVILLE **Nambucca Valley Evening Branch - CWA (Country Women's Association)**

Meet 2nd Tuesday, each month  
6pm @ Macksville Ex-Services Club  
16 Cooper Street, Macksville

Country women coming together  
to support their community and  
each other.

We welcome all women to join our  
branch and look forward to  
meeting you soon.

Email:  
secretarynve@gmail.com  
or send us a message in



**Diversity  
Charity  
Change**

## ~ GARDENS & GARDENING ~

### Prepare your Garden for Christmas *from page 14*

**Trim hedges** – Give hedges a light trim to create a lovely crisp look. For less formal hedges and shrubs just trim back any untidy or dead stems as well as any spent flowers.



**Mulching** – Applying mulch around flower and shrub beds helps unify the garden, fills in bare spots and is a great water saving strategy during the hottest months. An additional bonus is when organic mulches are used such as bark chips, as they break down they add valuable organic matter to the soil.

**Watering** – Give your garden a few thorough, deep waterings in the weeks leading up to Christmas and the holidays. This moistens the soil down into the root zone, encourages plant roots to grow deeper and helps freshen up the garden.

**Mowing** – Don't be tempted to give your lawn a harsh low mowing just before Christmas. This can scalp the lawn and create bare patches which are unattractive and will invite the weeds in. It's better to mow little and often, removing no more than a third of the grass foliage each time.





Nambucca Valley Anglicans  
INVITE YOU TO  
**St. James' Anglican Church**



**Celebrating 125 Years**  
**07.01.2024**  
**10am Service in the Church**

*Followed by the Opening  
of the*  
**Church Hall Extensions**  
**12.30pm Lunch**

R.S.V.P. Essential by Thursday  
21.12.2023

To: Parish Office: 02 65 689 029

Email:  
[office@nambuccavalleyanglicans.com](mailto:office@nambuccavalleyanglicans.com)  
or  
Ros 0427 543 377

## 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**



6/11

## LIONS CLUB OF BOWRAVILLE INC.

*SUPPORTING OUR COMMUNITY*

**Join the Bowraville Lions Club  
and Make a Difference!**

Are you ready to make a positive impact in  
your community? Join the Bowraville Lions  
Club today and become part of a passionate  
group of individuals dedicated to  
serving others.

Contact Us at 0439704510  
or [bowraville@lionsdistrict201n1.org.au](mailto:bowraville@lionsdistrict201n1.org.au)

Jamie Hutton, President



**Lions Club  
Bowraville**

9/11

# 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**



9/11

# Embracing the Power of Kindness

Research is showing that people who are kind and compassionate are more content with their lives. They have better physical and mental health and feel less isolated, fostering stronger relationships.

Small acts of kindness such as a smile or 'hello' can have enormous power. The person being kind and the recipient can both benefit. You can be kind, generous and compassionate to someone you know or to a stranger.



Studies have shown benefits from kindness, compassion and giving. The benefits can be: a greater sense of contentment or wellbeing; good mental health; less stress, better relationships and connection to common humanity.

The happiness people get from giving to others can make a 'positive feedback loop'. The more you give the more positive you feel. This, in turn, fuels greater contentment or wellbeing.

One kind act leads to others. People who see someone being kind and caring are also more likely to be kind themselves. People who are on the receiving end of someone's kindness can also become kinder and more compassionate.

## What is positive psychology?

'Positive psychology' tries to understand what makes individuals and communities strong and vibrant. It looks at what things and actions make people have a satisfying life.

One way to use positive psychology is to do random acts of kindness. These can be things like:

- **Paying it forward** — give someone a treat, like buying a cup of coffee for the person behind you in the café.
- **Sending notes saying thanks** — write a thank you note to someone you admire or who has helped you out.
- **Posting a sticky note** — stick post-it notes with nice messages written on them around your house or somewhere in public.
- **Volunteering** — being a volunteer helps others and is good for you too.
- **Donating to a charity store** — help people out by giving away what you don't want or need anymore.
- **Smiling or greeting strangers** — smiles are contagious — it makes you feel good if people smile back.
- **Letting people know you love what they do** - this could be someone you know or admire, like a teacher or musician.

## Kindness and compassion during recovery

Almost everybody feels good when someone is kind to them. This may be especially true for people:

- with a mental illness like depression or anxiety
- learning to live with dementia
- who have an addiction

*Continued on Page 29*

## Residents say NO to Antimony Mining in our Valley

More than 130 people, mostly local residents, met at a meeting organised by local anti-mining group Lock the Nambucca Valley (LNV) at the Macksville Ex-Services Club to listen and ask questions on the topic of a mining exploration licence to mine antimony in the Nambucca Valley.

Mining Exploration Licence 9235 has been issued to Summit Minerals and encompasses an area in the Taylors Arm and South Arm districts.

“Our clean air and water are worth more than any money you could pay,” declared one attendee. Others questioned the financial viability of any mining in the Nambucca Valley considering the size of antimony deposits believed to be there, and the costs involved.

“The only power we have as landowners is to refuse entry to our properties and to link up with other like-minded people and other community groups in opposing any mining in our area. The Mining Act is not a ‘community-friendly’ Act,” Lock the Nambucca Valley representative Lotus Cavagnino told the crowd.

The meeting concluded with Paula Flack, the event’s Chairperson, reading a statement asserting the group’s position that they “oppose any mining exploration or mining activities in the Nambucca Valley due to the threat they would pose to water quality, aquatic ecosystems, local biodiversity, agricultural land, social amenity, property rights and the local road network”.

Residents who have recently been issued with paperwork asking them to grant access to mining exploratory activities were advised to seek legal advice before signing anything.

The group believed they sent a clear message to Summit that any mining activities in the pristine ecological corridor of the Nambucca Valley will be met with fierce and united opposition.



# 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.

9/11

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.



# How Australians are using ChatGPT

*Continued from page 8*

line, seven in the second, and five in the third). Its final version was a 20-line opus - (an artistic work, especially one on a large scale).

## Using ChatGPT to be better in a relationship

The uses of generative AI for boosting productivity and saving time at work are well documented. Law firms use it to summarise mountains of documents, architects to visualise their imagined buildings, and software engineers to do the grunt work of coding. There's even a new kind of role, "prompt engineer", that specialises in communicating with AI programs.

But as useful as AI can be in the office, it isn't purely software for work. This is a theme that came through strongly in people's stories about how they're using generative AI in their everyday lives.



A man in his 30s in Melbourne has been using it for cooking recipes, based on what he has in the fridge.

A woman in Victoria, who has a disability, uses it to illustrate children's books.

A woman in Queensland used it to write a thank you card for two long-serving employees that were retiring.

A man in Sydney asks it to explain Bible verses.

Jonathan in Queensland is using ChatGPT to help with the difficulties of a long-distance relationship. His girlfriend is in Denmark, so a lot of their communication is by text. "I'm not great with texting and stuff, I misread things," he said.



Because the relationship is new, he doesn't want to ask his friends these types of questions. He sometimes tells ChatGPT about a conversation they've had and asks it whether he misunderstood the meaning or general tone. Other times he asks ChatGPT to tone-check his messages.

Asking ChatGPT for relationship advice may strike some as intrusive, a blurring of the categories of the mechanical and the romantic, but it's likely this prejudice will fade.

In just a few months, generative AI has gone from novelty to everyday tool. Millions of people have used it for the first time and gone back for more.

But what's interesting about Jonathan's story is the way generative AI seems to be *more* than just a tool.

Yes, it's a machine, but he's treating it like a human confidante and adviser. And he's doing this to improve his human communication.

He hadn't told his girlfriend about using ChatGPT in this way, but then, ahead of this abc.net.au article being published, he asked her what she thought. "Yeah, no worries," she replied.

- [www.abc.net.au/news/science/2023-04-15/australians-using-generative-ai-everyday-life](http://www.abc.net.au/news/science/2023-04-15/australians-using-generative-ai-everyday-life)



# Don't get SCAMMED this Christmas

Australia has seen an increase in sophisticated scams and fraud and they usually ramp up at Christmas time. Scams are a serious problem which affect many of us.

Criminals are constantly changing the ways they scam and defraud the community and we all have a part to play in staying vigilant.

## *Simple tips to help you stay protected*

- If something seems too good to be true, it usually is. Pause and verify before acting.
- Be suspicious of anyone asking you for personal information or a payment.
- Be wary of unexpected links – even if it appears to be from a legitimate source.
- Never give unsolicited callers remote access to your computer or your banking details - even if they claim to be from an institution you have dealings with. Consider calling your institution via their listed details to check the validity of the call.
- Be wary of a professional-looking advertisement for jobs as a 'money transfer agent'. What you may unintentionally be doing is transferring stolen money on behalf of criminals.
- Consider using PayID® to make a payment. When you use PayID, the name connected to the account is automatically populated (auto filled). This can help you check your money is going to the right place before you pay.

Finally, remember, your bank **will never ask for you banking details** over email, text or phone.

## *What to do if you think you've been scammed*

Don't be embarrassed – cyber-criminals are skilled at getting you to act quickly. It has happened to others; your institution can only assist if they know about it.

If something doesn't feel right or you think you've been the victim of a scam, contact your institution immediately.

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



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

Ros Johnston 0427 543 377

email: [nambuccaanglicans@tpg.com.au](mailto:nambuccaanglicans@tpg.com.au)

*Baptisms, weddings and funerals  
can be arranged  
by phoning 6568-9029*

6/11

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

**Womens' Brekkie**  
**3rd Saturday of the month**  
at St James - 7am or 7.30 start

**St Jimmy's Kitchen**  
**3rd Thursday of Month at 6.30pm.**

**Bowra St Jimmy's Food Hub**  
Monday, Friday & Saturday 9am until  
11am must have a Centrelink card.

6/11

*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.*

Once again, the extraordinary efforts of Robynne McGinley in the **Tidy Towns** competition have been rewarded and is covered elsewhere in this newsletter. The advantage of being the absolute winner is that the next year's awards ceremonies are held in the winning town – we only just missed out this year. A great boon to local businesses and potential tourism. This year's events were held in Scone, NSW, and Robynne had very interesting feedback on their main street improvement project. The greater than 2-year anticipated disruption has already caused business closures and much distress. This insight makes the current Chamber-backed project of seeking to create shaded areas to relax in within the town centre so practical and relevant.

She also reported that Tamworth's Greening and Cooling Initiative involves tree planting throughout the town, and we could consider this. Starting with tube stock (as the most successful method) we could make Bowra into a cool green oasis for future family's quality of life.

So, start looking around for ideas and come along to Chamber meetings to share them.

Other news includes that the Council Traffic Committee has decided to only have timed parking from Belmore Street to the Cenotaph - this is disappointing to us as it does not address the issue of school staff parking or the expressed need of residents for freer spaces near the pedestrian crossing.

Members of the Chamber have also been facilitating planning for the Bowra Christmas Party and the development of park spaces at the northern entrance to town. The development of an overnight staying area for town and rates payment facility here are continuing.

The AGM was held on 31 October with Craig Bellamy - President, Wayne Brown - Vice-President, Richard Barron - Treasurer and Phillida Hartley - Secretary. Robynne McGinley - Tidy Towns, Karin Woods and Robynne McGinley - Committee.

Next meeting - 5pm on Tuesday, December 5th at the Bowra Hotel.

ALL WELCOME

## 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.

*Follow these 4 simple steps to get ready for a bush fire:*



**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.



## Who are we?

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Diligent Energy, owned by Dan MacDonald is based in Bowraville, NSW. We have extensive experience in large and small renewable energy projects and sustainability assessments.

## What do we do?

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Diligent Energy is currently focussing on supporting the community of Bowraville NSW. Our approach is to engage with as many businesses between December and early 2024 in order to negotiate bulk rates on retail energy supply, moving to energy efficiency and looking for opportunities to upgrade business equipment and appliances using subsidies from the NSW Energy Saving Scheme.

## GET IN TOUCH

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<b>Dan MacDonald</b>	<b>Owner</b>	<b>0403 042 529</b>
<b>Kim Deane</b>		<b>0413 888 780</b>

<b><a href="mailto:dan@diligentenergy.com.au">dan@diligentenergy.com.au</a></b>
<b><a href="mailto:kim@diligentenergy.com.au">kim@diligentenergy.com.au</a></b>

# Watch Out - Wild Critters About

## It's Fly Season:

### *What to know about Australia's most common flies*

As the days grow longer and temperatures climb, we're greeted by a familiar chorus of buzzing. It's fly season again.

This year is off to a bumper start, with bush flies swarming beach-goers, March flies on the march, and mosquitoes taking to the skies en masse.

But with almost a million species worldwide and some 30,000 calling Australia home, the (unusually) warm weather also presents an opportunity to appreciate these remarkable and essential insects with whom we share our world.

Despite their diversity, we're likely to encounter only a select few flies daily. So who are these curious insects, and how should we think about their presence in our lives?

### Familiar faces

**Bush flies** (*Musca vetustissima*) are the iconic Australian fly and are found country wide. They slake their thirst on the sweat and tears of mammals and so linger around our heads, shoulders and faces in search of a refreshing drink.

They're so persistent that they're credited with inspiring the "Aussie salute". These small explorers are otherwise harmless and pose no serious threat to health or home beyond being a mild nuisance.

Similar in appearance are **house flies** (*Musca domestica*), which frequent our homes. Unlike bush flies, however, they're more interested in scraps of food and waste left unprotected. They regurgitate digestive juices to break down solids into a mush which is more amenable to their straw-like mouths and so can pose a minor hygiene concern as a consequence.

**Blowflies** bring some sparkle to the fly world and are easily recognised by their often large, shiny bodies. Although sometimes a pest, they're also voracious scavengers and effective pollinators. In this way they do their bit to break down organic matter, recycle nutrients and transport pollen to support plant life.

The sheer size of **horseflies** makes them powerful fliers which can often be heard and seen at a distance. Females demand a blood meal and so pack a hearty bite to mammals, including us, and can be a nuisance to livestock. They are also, however, excellent pollinators, with some orchids relying on their hard work and specialised mouthparts for survival.

Finally, and famously, are mosquitoes. (Yes, they are a type of fly.) Many summer evenings are spent swatting females as they sip our blood.



*The 'Aussie salute' is a characteristic gesture of waving flies – specifically the persistent Australian bush flies – away from the face.*

*Continued on Page 26*



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## Do you suffer from POPD?

With Christmas just around the corner, many of you will start to notice the signs of POPD begin to manifest in partners and loved ones. A condition that tends to arise as the festive season starts its slow yet steady approach, POPD – also known as perfect ornament placement disorder – is a draining ailment that many-a Christmas fanatic falls prey to.

A syndrome that can affect not only the sufferer, but also those around them, POPD carries with it a wealth of signs – from over excitement at dressing the Christmas tree, to fastidious attention to detail when it comes to decorating the house with festive cheer, to meticulous devotion to all things Christmassy around the house.

Those living with someone suffering from this little-known syndrome will likely notice their uncompromising attitude and unwillingness to let others get involved with the festive side of things – so you can expect physical reactions such as shuddering, excessive sweating and far more besides should you volunteer to help set up the Christmas tree or the festive decorations in the hallway. These ultimate Christmas compulsives may think they're taking a step back by allowing others to contribute to Christmas, but if you take a closer look, you'll see an inclination to both 'supervise' and offer 'helpful suggestions' to ensure things look exactly how they want them to.

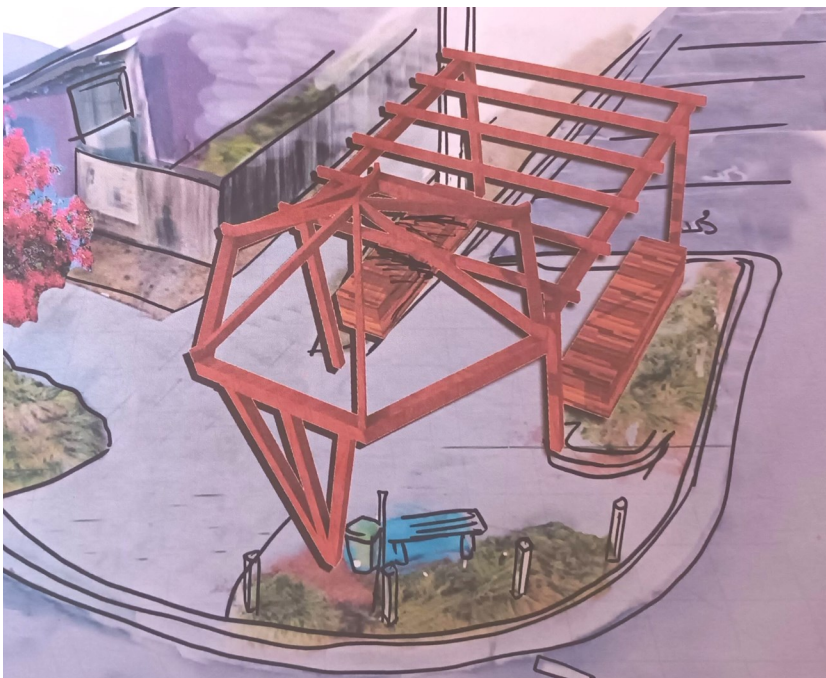
Some may take a mathematical approach to the decorations; others may be more frantic and haphazard – but regardless of their method there's only one way to deal with POPD sufferers; sit back, relax, pour yourself a glass of bubbles and let the festivities begin.

- [www.mindfood.com](http://www.mindfood.com)



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*Maybe next Christmas Bowra will have some shaded areas!*



# Wild Critters About - *from page 24*

More serious is their role as vectors for diseases that have helped to topple empires, and which remain a significant health burden, especially in the Global South. Malaria is among the farthest-reaching, while Ross River Virus, chikungunya, zika and dengue all circulate with help from mosquitoes.

## From pesky to paramount

While our daily encounters with a handful of fly species may taint our perception of the group, such a view is both unwarranted and unjustified. Flies are among the most diverse animals on the planet and are utterly crucial for the healthy function of our ecosystems.

Many, like hover flies, are important pollinators. In an era of pollinator declines and heightened food insecurity, their ongoing work is key to supporting agricultural production, and plant life more generally.

On the other side of the circle of life are outstanding decomposers, such as black soldier flies. Each individual larva can eat twice its bodyweight daily, which at the scale of tens of thousands of grubs presents a promising pathway towards sustainable waste management. They are also a rich source of protein for livestock, or even humans.

Just as a very few flies are pests, many serve as remedies in their role as biological controls. The 10,000-odd species of tachinid, for example, make a living as parasitoids of other insects. That is, they lay their eggs inside, and eventually kill, the developing young of others, which include pest caterpillars, flies and bugs.

Moreover, flies have proven invaluable in forensics, medicine and scientific research, and environmental monitoring, underscoring how deeply our lives intertwine with theirs.

## Fly on

As the warm weather rolls around take the opportunity to look a little closer at our nimble neighbours and consider both their staggering diversity and the vital roles they humbly fill. The natural world – us included – would not be the same without them.

- [theconversation.com/fly-season-what-to-know-about-australias-most-common-flies](https://theconversation.com/fly-season-what-to-know-about-australias-most-common-flies)

## *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 2nd and 4th Saturday of the month.



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# BOWRAVILLE CENTRAL SCHOOL NEWS

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## SHOWTIME

BCS students turned up the glitz and glamour to celebrate the show stopping talents of the incredible students from public schools across the Nambucca Valley, at the star-studded Showtime 2023 Spectacular at Macksville High School auditorium. What an absolute smash hit it was, leaving the audience starry eyed and cheering for more!

Our Bowraville Central School K-5 dynamos stole the spotlight with an out of this world performance of 'Funky Town' which left the audience thrilled. It was talent overload as the rockstar Year 7 maestros had the crowd rocking to 'Back in Black'. Everyone was starstruck by the sheer brilliance on display.

A major acknowledgement goes to the superhero teachers and their helpers who orchestrated this dazzling symphony of talent. Their expert choreography and guidance propelled our shining stars to celestial heights. The whole audience was left starstruck as parents were left beaming with pride for the magic makers and stars of Showtime 2023!





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# Managing the Stresses of Christmastime *from page 12*

reconcile with relatives and old friends (if possible) or else take steps to widen your social network.

## Family tensions at Christmas

All families experience tension to some degree. Part of the reason why Christmas time can be so stressful is the unrealistic expectation of coming together as a happy family on this one day of the year. *Suggestions include:*

- Keep realistic expectations. If your relatives tend to fight throughout the year they will most likely fight on Christmas Day as well.
- Appreciate that everyone is under stress to a certain degree. For example, one relative may have worked overtime to get things done before their office closed for Christmas and may be exhausted. Another may be anxious because they over-spent on their credit cards. Be as understanding as you can of other people's situations.
- Consider breaking up the celebrations to keep 'warring factions' apart. For example, you could see one group of relatives on Christmas Eve and another on Christmas Day.
- Family members involved in after-lunch activities, such as cricket in the backyard, are less likely to get into arguments. Plan something to do as a group after lunch if necessary.
- Use relaxation techniques, distraction and group activities to help steer around stressful situations.
- Avoid over indulging in alcohol - the reduced inhibitions could contribute to, or cause, an unnecessary argument.

## Christmas after separation or divorce

It can be hard for a family that has recently experienced a separation or divorce to face its first Christmas. It can also be hard when a family member is absent for the first time because they have moved away - for example, if they are overseas and unable to attend the traditional celebrations. *Suggestions include:*

- If you prefer to put on a brave face for others, give yourself enough time alone to help deal with your feelings.
- Talk about it - sharing your thoughts and feelings (and tears) can help you feel closer.
- If children are involved, the separated couple need to be civil during the festive season or at least limit their disagreements to times when their children are out of earshot.
- Stagger the Christmas celebrations so that the children can spend (for example) Christmas Day with one parent and Boxing Day with the other. To keep it fair, you can swap arrangements the next year.

## Stepfamilies at Christmas

Around four per cent of Australian families are stepfamilies, while blended families (partners who each have children from prior relationships) account for about three per cent. In some cases, Christmas for these families can be extremely difficult. *Suggestions include:*

- Get together as a family and decide (early in the year so there's plenty of time) what you would all like to do for Christmas. Make sure the children have their say.



*Continued on Page 30*

# The Power of Kindness *from page 15*

Acts of kindness and compassion — both giving and receiving — can increase wellbeing. Wellbeing is when you feel healthy and content. Wellbeing can make you feel like you have a sense of purpose. You can feel like you matter and are able to make a difference.

Helping someone increase their wellbeing can help them and you feel better. It can help you get over feelings of loneliness and isolation. It can help you build healthy relationships. It can also help improve your self-esteem.

There are many ways to be kind and compassionate to someone who needs help. These include:

- being sensitive and sympathetic by listening rather than advice giving
- helping them feel positive, pointing out their strengths
- helping them feel they have hope
- noticing and supporting positive changes they make
- helping them solve problems
- helping them to reduce stress
- helping with practical things, like going to appointments

- [www.healthdirect.gov.au/acts-of-kindness-and-compassion](http://www.healthdirect.gov.au/acts-of-kindness-and-compassion)



## **Bernard Laverty Funerals**

24 hours 6568 1555

Monumental Masons & Florist

*Speak to us about the benefits of Pre Paying*



**Serving the community for over 60 years**



# Managing the Stresses of Christmastime *from page 28*

- Stagger the celebrations so that each child gets to spend time with both their natural parents and their stepparents.
- Try not to take arrangements too personally. For example, if your ex-partner says they can only see their child for a brief breakfast on Boxing Day, that doesn't necessarily mean they don't care. Instead of getting angry, organise a more substantial get-together for your child and ex-partner during the holidays or plan for them to have time together next Christmas.
- Appreciate that now is not the time to sort out long-standing grievances. Christmas is stressful enough. If possible, wait until things have settled down in the New Year.
- Talk to friends or a counsellor if you need help to sort through your feelings.

## Bereavement and Christmas

Significant occasions, such as birthdays and Christmas are always difficult for a bereaved family. *Suggestions include:*

- Accept and appreciate that people show their grief in different ways. One person may want to reminisce while another may prefer to remain tight-lipped.
- If you feel you can, talk together about your loved one. Sharing memories and tears can help you come to terms with Christmas without them.
- You may like to spend some time alone so you can think about your loved one. Talking out loud to them or writing them a letter can be helpful.
- Don't feel guilty if you find yourself having a good time – sharing a few laughs with family or friends doesn't mean you don't love or miss that special person.
- Ask friends for their support. If they don't know how to help you, tell them.
- It might help to talk to someone neutral such as a bereavement counsellor.



## Feeling down at Christmas and New Year

The close of another year often prompts people to reflect on their achievements – or disappointments – over the previous 12 months. Some people mourn the loss of another year of their lives. *Suggestions include:*

- Make an effort to list all the positive things you did or experienced during the year.
- If possible, mend fences. Contact those people you miss and make steps towards reconciliation.
- Appreciate that your feelings may be due to a combination of Christmas-related factors including money worries, the pressure of last-minute shopping and unrealistic expectations of festive cheer. Remind yourself that many of these negative feelings will pass once the New Year is underway. Or even by tomorrow.
- People often make unrealistic New Year's Eve resolutions. This year, try to come up with positive and achievable goals for the upcoming 12 months.



[www.betterhealth.vic.gov.au/health/healthyliving/christmas-can-be-stressful#bhc-content](http://www.betterhealth.vic.gov.au/health/healthyliving/christmas-can-be-stressful#bhc-content)



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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2023										Studio 3 Live on the 3rd Friday of each month 6-8pm		Community Radio Network
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time				
6 AM	Green Eggs On Toast Lawrie Medbury	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claressense Claire Watt	TGIF Bethina Goodwin	Rise N Shine Ron Hawkins "Saltwater People" at 7:30 am "It's Only Words" at 8:30 am	Sunday Morning Soul Sound	6 AM				
7 AM	Markets info, news, movies, local news. Nude.	The Sixties in Australia Rob Davidson	Blues, Roots, n Boots Presented by Jonny Dee	Get that musical claressence!	News, tunes and interviews Great music to start your day	Random ravings in a musical mix, news, and views to kick-start your weekend	With Claressense	7 AM				
8 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll	From Then To Now With Paul Burns	A Breath of Fresh Air With Sandy Kaye	FlipSide With Phill Specially-selected, usually-oz	Talk Of The Town Carl Wrobel See what's going down!	Down Memory Lane With Streamer	Anything Goes With Phill Music from anywhere/anywhere	8 AM				
9 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale Hawkins	Smoko with Gazza With Gary Biden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Peter's Pops With Peter K	The AMRAP Music Show	Jazz Made in Australia Paula Langlands	9 AM				
10 AM	The Weekley Fix Paul Weekley	Life Words with Linda Bible reflections, Gospel & Australiana	Mick in the Middle With Mick Birtles Interviews with fascinating folks, beautiful music & what's happen- ing in our slice of paradise	Flashback With Rob Davidson 60's to 90's with a weekly featured artist	Classical Tunes & Melodies With Peter K	Fine Music Live On stage	NIMA Chart Show Matty J	10 AM				
11 AM	A Country Tea Time With DJ Tina Sipping and spinning it all!	Rock On With Jimmy & the Bluebirds	MC Grim Mark Seagrims Music with a wicked difference	Tewinga Tunes With Ralph Guaranteed ear candy	Weekend Surge With Chrissie Sublime music, surf and fooly reports, pumping you up for the weekend	Garage Noise With Sean Ambrose	Diffusion & Lost in Science	11 AM				
Noon	Bowra Beats With Grace Walters	Sister Act Olivia & Sam	The Curious World of Lisa Z	Thursdays Country Trickivie	Jammin' With Gin Gin's terrific tracks!	Afternoon Concert With Peter K	That's A Wrap Donna, Nigel, Mitch, Gary & Les	Noon				
1 PM	Hinterland With Ben Walters	Retro Birds Robyn Wren & Sally Swan	The Sit Down With Clint Waaka Interviews, music, history, culture and good times!	Hit Singles From Your Past With Macca	Turn Up The Volume With Macca Three hours of soft rock & listener requests.	Phase Out With Faye Faye Aspiotis Lots of Aussie music old and new	Praise, Prayer & Pop With Michelle	1 PM				
2 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Blues Soul Funk Featuring Aussies on NBA Matt Leibrandt & friends	Ant's Rock Anthony Garmsey	Cinemascope & The Assignment (BBC)	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.	Saturday Date With Stu Save the date every Saturday!	Imagine This Radio drama & stories	2 PM				
3 PM	Music Makers With Yen Mixed music with featured artists	Drëam-Craëft By Dowatfeelsgood Post-Punk & Electronic Excursions	Solid Rock Aussie Focus	Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Fish's Favourites With Dave P Tunes to angle by...	Wolfy Wolfy's music & requests	Prog Rock Playlist Rhino	3 PM				
4 PM	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Music Mix	Saturday Night Gold On Friday	2NVR Overnight Music Mix	The best of Progressive Rock	4 PM				
5 PM								5 PM				
6 PM								6 PM				
7 PM								7 PM				
8 PM								8 PM				
9 PM								9 PM				
10 PM								10 PM				
11 PM								11 PM				
Midnight								Midnight				

AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am

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