


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 2022 ~ ISSUE #213 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449



**NAMBUCCA VALLEY ANGLICANS AND
NAMBUCCA VALLEY BUSINESSES**

Invite you all to

15.12.22—THURSDAY NIGHT AT ST JIMMY'S

6.00 for 6.30

Dinner, Carols, Quizzes and Lucky Door Prizes

A donation is appreciated if you can



25.12.22—CHRISTMAS DAY LUNCH

12 noon for 12.30 Traditional Dinner

BOTH IN THE ANGLICAN CHURCH HALL

Young St., Bowraville

Everyone is welcome to this Free Community Event

For Fun, Christmas cheer and great Food

For Special Dietary needs please contact

Bowraville Pharmacy - 6564 7925

or Tony Fuller - 0487 090 886

We look forward to sharing both events with YOU!

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

ADVERTORIAL

and GENERAL

CONTENT ENQUIRIES

to

wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/newsletter/

2022 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE FEBRUARY 2023

ISSUE IS: 4:00PM

TUESDAY, 24th JANUARY 2022

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

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 Services Australia Agency

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

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

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

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

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



Australian Government
Services Australia



FITTING TURNING MACHINING



0408 964 433

Steven Jeffries

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

2 Park Street Bowraville 2449

www.fittingturningmachining.com.au



TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues
contact BTC for a
booking.

You can ring the
Bowraville Technology Centre on
6564-7420

*“Aren’t we
forgetting the
true meaning
of Christmas?
You know,
the birth of
Santa.”*

– Bart Simpson

*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



Education Sessions on Alternative Banking Options

In October, our members were notified that bcu Bowraville branch will permanently close from Friday 10 February 2023.

While the physical branch is closing, we're committed to helping members understand the alternative ways available for them to bank with us, such as phone banking, using our friendly Contact Centre staff and bcu's digital banking offerings.

bcu will be offering one on one education sessions throughout January 2023 with a bcu team member.

If you are interested in arranging an education session or would like further information, please speak to one of our friendly staff at the bcu Bowraville branch.

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

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

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

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

11/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

11/11

“No network coverage, emergency calls only”!!!

How can calls be made if there is no network coverage?

There are many different varieties of smartphones and most of us own one - but one thing they all have in common is when you don't have network coverage, they present the message “No **network coverage, emergency calls only**”.

We have all seen this message however, most of us don't know **how to make an Emergency Call when there is no network**.

The Basics . . .

To make a phone call from any smartphone, the essential component required is a Network tower. The network towers that dot the landscape are essential components of a mobile call. As soon as you press the 'call' button, your phone releases a signal and the nearest network tower will catch it. This signal is then transmitted to the destination tower and finally to the person to whom you are making the calling.

But this is possible only when phone signal strength is good.

When your smartphone can't receive a good signal, it displays the emergency calls only message. You may have assumed that emergency calls don't require any phone signal – but this is not quite true.

Here's how . . .

The technology used by most smartphones is dependent on SIM cards which work on the Global System for Mobile (GSM) feature. GSM can use the network coverage of another service provider i.e. signals from the nearest tower of another network service provider in the case of a poor network. So, when your network goes out, your phone can still make emergency calls by using the network of another service provider.

However, these emergency calls can only be made to select emergency numbers.

In Australia you can make an emergency call by dialling 000. Dialling 000 will connect you to your contracted service provider and will override any non-emergency call accessing the system.

In Australia and anywhere on Earth you can also dial 112 on any digital mobile phone to get an emergency operator – even without a SIM card or if the phone is locked – so long as you have access to any mobile tower reception. This may work where dialling 000 won't, as it will connect to any service provider within range.

Neither 000 nor 112 can receive SMS. If you are unable to speak or the signal is weak you can try texting your carrier's SMS call centre and they will contact you via SMS.

However, there is a catch. You cannot make emergency calls from an area that does not have GSM coverage - like remote areas in Australia. It works only when at least one of the network service provider signals is available.

Service providers are bound to provide emergency call service to you, the mobile user. The law requires that any tower receiving a call for the emergency number **000** must handle the call – whether the phone is registered on the network, whether the phone has been reported stolen, whether anything! The safety of human life is paramount and takes precedence over anything else.

- www.techworm.net and withoutahitch.com.au

WHAT'S HAPPENING IN BOWRA

Bowra Country Markets

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

Blokes Breaky

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

St Jimmy's Kitchen

3rd Wednesday of Month
6pm - St James Church Hall

St Jimmy's Food Hub

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

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

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

8/11


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

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



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min \$1000
KITCHEN Wednesday to Saturday
 Lunch 12-2pm - Dinner 6-8pm

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

FREE POOL Everyday

10/11

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

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

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

~ Groups by appointment ~

9/11

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

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

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

10/11

*Quirk * Strangeness * & Charm*

POP UP SHOP

Pioneer Community Hall

4 days ONLY 10am to 6pm

Friday 9th to Monday 12th December

Furniture - CD's - Clothes & stuff

*Quirk * Strangeness * & Charm*



**BOWRAVILLE COMMUNITY
DEVELOPMENT ASSOCIATION
INCORPORATED (BCDAI)
Pioneer Community Centre**

70 High Street – in the heart of Bowraville

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

Welcoming community participation.

Bowra Country Market, 2nd Saturday of every month.

Enquiries: 6568 3370

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

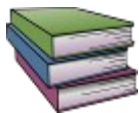
Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed. Please think of us when you are doing your spring cleaning!

Volunteers wanted. Do you have skills to share?

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

Find us on Facebook.

Enquiries to Marion 0400 828 471 email: bcdainc@gmail.com



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Find Me by J.S. Monroe

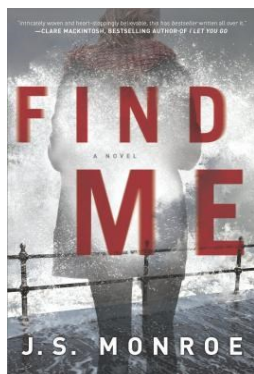
Sometimes we choose to see only what we want. Sometimes what we see changes the way we look at everything.

Jarlath "Jar" Costello's girlfriend, Rosa, committed suicide when they were both students at Cambridge, and Jar has thought about her every day since. It's been five years, yet Jar is still obsessed with the idea that Rosa, the one true love of his life, is alive. He's tormented by visions of her and has disturbingly real sightings of her in unexpected places experiences the psychologist treating him describes as "post-bereavement hallucinations."

When Jar receives a message from Rosa's aunt telling him that she's just found Rosa's diary, he embarks on a frantic quest to finally make sense of the highly suspicious circumstances surrounding her death. But the deeper he digs, the more confused he becomes as he is pressed into a dark underworld where nothing is as it seems and no one can be trusted.

A startling discovery convinces him more than ever that these are not just hallucinations.

- www.goodreads.com



The Widow

by Fiona Barton

When the police started asking questions, Jean Taylor turned into a different woman. One who enabled her and her husband to carry on, when more bad things began to happen...

But that woman's husband died last week. And Jean doesn't have to be her anymore.

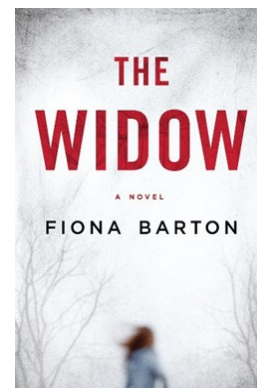
There's a lot Jean hasn't said over the years about the crime her husband was suspected of committing. She was too busy being the perfect wife, standing by her man while living with the accusing glares and the anonymous harassment.

Now there's no reason to stay quiet. There are people who want to hear her story. They want to know what it was like living with that man.

She can tell them that there were secrets. There always are in a marriage.

The truth - that's all anyone wants. But the one lesson Jean has learned in the last few years is that she can make people believe anything...

- www.goodreads.com



BOOK NOOK NOTICE

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

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.

10 Christmas/New Year Tips for Health and Wellbeing

1. Add some colour to your plate

We all like to treat ourselves during the festive season. But you can still enjoy your favourite festive foods with a generous serving of veggies, salads and fruit. Try and make sure you have as much green, leafy veggies on your plate as possible (as well as the glazed Christmas ham and roast turkey if that's your thing). Aim to fill at least half your plate with veggies and salads. You'll feel better for it!

2. Swap the cocktail for a mocktail

Imagine waking up on Boxing Day or New Year's Day feeling fresh and revived, not crusty and hungover! Try starting the party with some fresh and fruity mocktails and if you choose to drink an alcohol product stick to no more than four standard drinks in a session. There are plenty of fun mocktail recipes available on the internet.

3. Avoid the spin

Christmas is a time when food and drink companies make it harder for us to be healthy with a proliferation of unhealthy products and marketing techniques that persuade us that we need them for our holiday season to be complete. Products like chocolates, soft drinks and alcohol are often heavily discounted at this time of year making it easy to buy and consume more than you need. Before buying that second case of wine or box of chocolates have a think about whether you really want it or if you're just buying it because it's on special.



4. Get some decent sleep

Sleep is so important for our physical and mental health and most of us don't get enough of it. These holidays make catching some more zzzzs a priority. Getting into a regular bedtime routine is a great step towards a better night's sleep. And while you're at it switch off your devices for an hour before bedtime for a more restful sleep.

5. Reach out

Not everyone is lucky enough to have support over the holiday period. If you know someone is doing it tough, reach out to them. Invite them over for Christmas. Check up on them to make sure they're okay. And if you're on your own, reach out to a local charity and help someone less fortunate this Christmas. When you're giving to someone else, it makes you feel good – that's a win, win for everyone.

6. Keep it moving

Keeping active is one of the best presents you can give yourself this Christmas. Go for a walk with a friend, use a bike to get around, take the stairs when you can, or try a new sport – just have a go! It doesn't matter how you look when you're doing it or if you're any good – all that matters is giving yourself the opportunity to get active while having a bit of fun these holidays.

7. Make your resolution to quit



If you only make one resolution this New Year, make it this one – make 2023 the year you quit smoking. As soon as you stop smoking your body begins to repair itself. Over time, your risk of life-threatening health problems, including cancer, reduce dramatically. Whether you've never tried to quit before or have and didn't quite make it, there's amazing help available at www.quit.org.au

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BOWRAVILLE CENTRAL SCHOOL

The Bawrruung Project Tasman Keith: Artist in Residence

Tasman Keith, ex-student and renowned musician spent two weeks working with our students to create and record songs. The Bawrruung Project was designed with a focus on our local Gumbaynggirr language.

Students were selected via a nomination process to be part of the Primary or Secondary group and spent the workshops writing lyrics and music under the expert guidance of the very talented Tasman. At the conclusion of the two weeks students performed their songs in front of the school.

Go to the link to see more https://youtu.be/oUSYuW_H_doY



New 'news' on Sun Protection

You might think you do the right thing when it comes to sun protection. You wear a hat when it's sunny and put on sunscreen when it's roasting hot. That's a positive step but unfortunately, it's only half the job which leaves you highly susceptible to skin damage which can lead to skin cancer.

If you haven't given much thought to sun protection since the early days of Slip, Slop, Slap, it may be time to reassess what you think you know!

Here are a few things that might surprise you:

Sun protection is critical at any age – even if you think the damage has been done

It's never too late to protect your skin and lower your risk of skin cancer. Whether you're 6, 16 or 60 years old, using five forms of sun protection when the UV is 3 and above reduces your exposure to UV and means you're not adding further damage to what may already be there. Damage may have been done early in life, but you can help reduce the risk being realised by protecting your skin at any age.

No one is immune to skin cancer and there's no such thing as a 'base' tan to protect you

Having olive or dark skin doesn't make you bullet proof. Skin cancer can and does happen to all skin types. Suntanned skin is a sign that your skin cells are in trauma and have been damaged. Getting a 'base' tan at the start of summer indicates the skin's cells have already had some damage increasing your risk of skin cancer.

Sun protection is needed when the UV is 3 and above – not just when it's hot and sunny

We need to shout this one from the roof tops ... it's the UV from the sun, not the heat that causes damage to the skin. You can't feel or see UV which is what makes it so dangerous. And it's often the incidental exposure from day-to-day activities, like cooking on the barbeque and mowing the lawn, that does the damage. The UV can be high even on cool or cloudy days so it's important to look out for the sun protection times (download the free SunSmart App) so you know when to cover up. If you work outdoors, you'll need sun protection all year round as the damage from UV exposure adds up – so even at very low levels if you're outdoors a lot, you're at risk.



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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

8/11





HOP IN NOW



FOR GREAT CHRISTMAS GIFT IDEAS

***Come in and view our extensive
range of Giftware.***

***We are sure to have something for all
the family.***



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



*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.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

9/11

Gardening for Summer

The long hours of sunshine and the return to warmer weather are good for plants (and people), but success in the summer garden is heavily dependent on available soil moisture.

Periods of prolonged dry weather and excessive heat can play havoc with many of our popular plants. Without adequate moisture soils and potting mixes can dry out, becoming hydrophobic, or water repellent.

Try these tips in order to get the best out of your garden . . .

Prepare the soil

A good quality soil allows plants and vegetables to improve their water holding capacity which is important to avoid them drying out. A great way to prepare and improve your soil is to add organic matter in the form of compost, manure or mulch.

Potting mix

When gardening in pots use a good quality potting mix. Quality potting mixes hold moisture and nutrients around a plant's roots, and allow growing roots enough air to breathe and assist to in supporting the plant and its roots.

Give your garden a good soak

Water is everything come summer, whether it's jumping in the pool, taking a dip in the ocean or giving your plants a good drink. Watering efficiently in the cooler times of the day and using composts and organic mulches which break down will keep your gardens full of moisture which your plants need during the summertime.

Timing is everything

The best time to water your garden is early in the morning. Try to avoid watering in the late afternoon and evening – this reduces the risk of mildew and fungus growth. Consider an irrigation system and remember to comply with relevant government directions regarding water use.

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LIONS CLUB of BOWRAVILLE CHRISTMAS CAKES

It's quickly coming up to that time of year when we begin to think about Christmas and all that involves.

That's where the Lions Club of Bowraville comes to the celebration with their wonderful Christmas cakes.



Large Cakes \$19
Small Cakes and Puddings \$15
Single cake slices \$2.

Cakes and Puddings are available at
**Bowraville Pharmacy and
the Bowraville Technology Centre.**

BOWRAVILLE PHARMACY

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

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

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

Pharmacist
KERRIE SAVINS



8/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott



11/11



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

Bowra Laundromat

Corner of High & Belmore Streets

**Token Operated Washing
Machines & Driers.**

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



11/11

Make Your Own

Christmas Tree

Christmas is not far away and these easy to make Christmas Trees are something you can easily create from driftwood, sticks, cardboard, coreflute or plywood.



~ GARDENS & GARDENING ~

From Page 14

Feed your garden

Your garden needs more than just water to get through those hot summer days. Feeding your garden results in healthier plants and vegetables that are more resilient to heat and drought and helps your plants stand up to the stresses of summer.

Feeding your garden with controlled release dry or a liquid fertilisers can help promote a healthy root system and strong growth, while strengthening cell walls, allowing your plants to retain water for longer periods of time.

Help your garden stay cool

If an area of your garden is exposed to direct sunlight for most of the day, look for ways you can create shade to give your garden a break from the harsh summer sun. Potted plants should be moved to a shady position where possible; whether that is under a cluster of trees or your veranda to help them get some reprieve from the summer heat. If areas of your garden can't be moved into a shady position extra watering and mulch around your plants can help to retain moisture.

Add mulch to your garden

Nature's blanket, mulch is the perfect way to keep your soil cool in summer and keep weeds at bay. Adding a layer of mulch covers your soil which both retains moisture and limits evaporation helping your plants and your water bill.

Not only is mulching great for holding in moisture, organic mulches such as hardwood chips, pine straw and grass clippings slowly break down over time, adding micronutrients to your soil which contributes to your soil health.

Potted plants

An assortment of plants in pots and containers can bring a new feature to your summer gardening. Flowering plants such as camellias and azaleas will grow happily in pots for years; herbs such as basil, sage and thyme are easily grown in pots; citrus fruits are a traditional potted

Continued on Page 24

NV Council Rates payment at Post Office?

An approach has been made by the Bowraville Technology Centre to Nambucca Valley Council requesting the inclusion of Post Bill Pay to the payment options which appear on our rate notices.

This would enable residents to pay rate notice fees at any post office.

This request is due to the closure of the bcu in February 2023 where historically council rates have been able to be paid.

The Bowraville Technology centre will also be providing one-on-one education sessions to assist bcu members better understand online banking alternatives.

WIRES FUNDRAISER

SPLASH LIVE SHOW



RAFFLE PRIZES

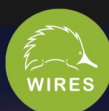
SUMMER ART SHOW OPENS 5PM
MUSIC BEGINS 6:30PM

BYO DRINKS AND FOOD
ENTRY BY DONATION

3
DEC

MATILDA ST.
ART GALLERY

ALL PROCEEDS TOWARDS WIRES MNC



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.

1111

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.

Why are there so many data breaches?

Because a growing industry of criminals is brokering in stolen data

New details have emerged on the severity of the Medibank hack which has now affected all users. Optus, Medibank, Woolworths, and, more recently, electricity provider Energy Australia are all now among the household names that have fallen victim to a data breach. If it seems like barely a week goes by without news of another incident like this you would be right. Cybercrime is on the rise – seven major Australian businesses were affected by data breaches in the past month alone. But why now? And who is responsible for this latest wave of cyber-attacks? In large part the increasing number of data breaches is being driven by the growth of a global illicit industry that trades in your data. Hackers known as “initial access brokers” specialise in illegally gaining access to victim networks and then selling this access to other cyber criminals.

The cybercrime ecosystem

Hackers and initial access brokers are just one part of a complex and diversifying cybercrime ecosystem. This ecosystem contains various cyber-criminal groups who increasingly specialise in one particular aspect of online crime and then work together to carry out the attacks. For example, one of the fastest-growing and most damaging forms of cybercrime – ransomware attacks – involves malicious software that paralyse a victim’s device or system until a decryption key is provided following payment of a ransom.

Ransomware attacks are big business. In 2021 alone, they earned cyber criminals more than US\$600 million. The huge amounts of money to be made in ransomware, and the rich abundance of targets from all around the world are fostering the development of a vast ransomware industry. Ransomware attacks are complex, involving up to nine different stages. These include gaining access to a victim’s network, stealing data, encrypting a victim’s network and issuing a ransom demand.

Specialist criminals

Increasingly, these attacks are carried out not by lone cyber-criminal groups, but rather by networks of different cybercrime groups, each of which specialises in a different stage of the attack. Initial access brokers will often carry out the first stage of a ransomware attack. Described by Google’s Threat Analysis Group as “the opportunistic locksmiths of the security world”, it’s their job to gain access to a victim’s network.

Once they have compromised a victim’s network, they typically sell this access to other groups who will then steal data and deploy the ransomware that paralyse the victim’s computer systems. There is a massive and growing underground market for this type of crime. Dozens of online marketplaces on both the dark web and surface web offer services from initial access brokers. Their access to companies can be purchased for as little as US\$10, although more privileged, administrator-level access to larger companies often commands prices of several thousands of dollars or more.

Responding to the growing cyber threat

Over the past month, we have seen several instances of cyber criminals forgoing actual ransomware. Instead, they sought to directly extort companies by

Continued on Page 20

Bowraville's local talent at work

Health One Medical Centre received an upgrade to the outside of the building in the form of a mural by a team of local women this month. The pictures tell a story passed down from generation to generation of the Gumbaynggirr Tribe. This adds another dimension to the Bowraville landscape that enhances the look and character of the area providing another landmark and highlights an exceptional local talent in this area.



The artwork tells a simple but meaningful story depicting the journey of three pregnant women from Bowraville to Bellingen to have their babies. It starts with a corroboree in the evening and the women beginning their journey in the morning. Along the way they encounter wildlife and plants, men collecting honey from bee hives and the Ancestral Mother (Angel). The tree of medicine is shown as one of the women along the way, ate too many worms, became ill and needed to be healed. - Ric

**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

8/11

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

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

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

ST. JAMES CHURCH HALL

8/11

Why are there so many data breaches? - *From page 18*

threatening to publicly release any data they have stolen. While not as devastating as a ransomware attack, data breaches can cause serious financial and reputational damage to an organisation (just ask Optus chief executive Kelly Bayer Rosmarin), not to mention major problems for any customers or clients who now have their private information released online.

In the final six months of 2021, more than 460 data breaches were reported to government authorities. Even more worryingly, this number is almost certainly an underestimate. While companies with a turnover of more than AU\$3 million are required by law to report data breaches involving personal information, most small businesses are not subject to mandatory reporting laws. Therefore, they have little incentive to report a data breach that may scare off customers and damage their brand.

Taking action against cyber crime

So, what can we do about it? In the first instance, companies need to rethink their approach to data. Data should be treated not simply as an asset that can be freely held and traded in, but also as a liability that needs to be carefully protected. Some experts are calling for Australia to follow the European Union's approach and to introduce stricter corporate regulations that better protect consumer data.

Recently the federal government introduced plans to fine companies that do not maintain sufficient cyber security and suffer repeated data breaches.

Reforms like this could help, particularly in preventing relatively unsophisticated data breaches, like the one that recently affected Optus. On the other hand, punitive fines towards victims could further strengthen the hand of entrepreneurial cyber criminals – they could try to leverage these fines to further extort their victims. There is no silver bullet to solving the threats posed by cyber criminals. At a minimum, both government and industry must continue to work together to improve our cyber defences and resilience. Through research, we must also work to better understand the global cybercrime ecosystem as it continues to evolve.

- by James Martin Senior Lecturer in Criminology,
Deakin University and Chad Whelan Professor of Criminology,
Deakin University - theconversation.com

To Market, to market . . .

Nambucca Plaza Lions Market- 2nd Sunday every month.

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

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

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

Bowra Country Markets - 2nd Saturday each month Pioneer

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

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

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

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.

The Chamber initiative to create a **community gym** for Bowra has moved forward this month with the securing of the old squash courts at the Rec Club for this venture. This project is aimed to involve local youth as volunteer workers and co-ordinators as well as exercisers – the facility will be open to everyone. A great community resource in the making. Contact Craig on 0412 080 287.

The Chamber is also interested in ensuring that information on the availability and use of the **defibrillators** in town is clearly known to the community. This may involve signage, and internet and newsletter coverage.

As the hot months approach again some members of the Chamber are committed to form a group focussed on our **streetscape**, particularly with respect at this time to *temperature and amenity in the town centre*. This group is open to everyone ... we are all here together. Phone 0401481501.

The **Tidy Town** awards have been postponed until early March due to the regional flooding but already positive comments have been received from the judges about our unique main street – how to respect the old while evolving the new will be a crucial concern of this group?

The **AGM of the Bowraville Chamber of Commerce Inc** will be held before the regular monthly meeting on **Tuesday December 6 at 5pm at the Bowra Hotel.**

All are welcome to attend but only members are entitled to stand for positions or to vote.

After the meeting it is suggested that we stay on for a pub meal - a relaxed and connecting time together in the Christmas spirit.

Hope to see you there.

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.



What's on in DECEMBER 2022

BOWRAVILLE THEATRE

BOWRAVILLE THEATRE SINGERS CHRISTMAS CELEBRATION

SUNDAY 4TH DECEMBER 2.00 pm

*Join with us for an afternoon of
wonderful music from the Choir and
Community Carol Singing*

Café open

TICKETS \$15.00 ONLINE

www.tickethost.com.au - and at the door if seats still available



Bowraville Theatre Christmas Party
Bowraville Arts Council members and friends are
invited to Bowraville Theatre Christmas Party
2022

Free event

**Wednesday, 14th December 2022
@ 6pm**

*Drinks and nibbles with entertainment provide
with compliments of BAC.*

RSVP: bowravilletheatre@bigpond.com for catering
purposes.

Hip Mama -special guests Lttle Kng

Saturday, 17th December 2022

Doors open 6pm

Family Event all ages

HipMama is a tantalising combination of
world-class key board skills and powerful soaring vocals
- a touch of grittiness and jazz. HipMama is a band you
must come and see perform live to understand what the
hype is all about.



Bowraville Theatre - 74 High Street, Bowraville

For further details Ph: 02 6564 7808

Email: bowravilletheatre@bigpond.com

www.bowravilletheatre.com.au

Being Mindful during the Christmas Holidays: 5 Tips to Succeed

Following these five tips, mindfulness can take your magical time with your family to a whole new level during the Christmas holidays.

Start practicing them one after the other in your daily routine and watch your habits change!

You may not master them perfectly, but you will notice the blessing effects of mindfulness.

Active Listening

When someone tells you a story over Christmas dinner, don't just hear it - listen to it without any distraction. You will be amazed at how much your dialogues will change and how much better it will feel to communicate with your family and friends this way.

Emotions and Attention

Listen to your emotions! This applies to you and those around you. Notice how people feel during the holidays and talk to them about it! In the meantime, don't forget to monitor your own emotions as well, as the holiday season may not just evoke positive memories in you. Be aware of these!

Judgment

There are not many people on Earth who do not have at least one minimum judgment in themselves. This can be particularly conflicting at Christmas, when family tensions arise. And not just judgement towards others, but to ourselves too! If you feel this kind of thing arising during the holidays, pay attention to it consciously - notice, accept, find out where your emotions come from and let them go! To assist with this, try to consciously remove yourself from negative criticism by others.

Release

There can be patterns and habits in everyone's life that give birth to constant negativity. Be it an annoying relative at the Christmas table or at your Christmas party at work – try to look at them differently this year! Instead of getting angry, notice and accept your emotions, and then be curious about your surroundings and what is happening around you!

Compassion – with Yourself

During the festive rush we often forget about ourselves and doing something for ourselves. That's why you should treat yourself well too! Get enough sleep, exercise and allow time for some relaxation and recharging!

We hope these tips on how to be mindful during the Christmas holidays will help you to have a fuller and happier holiday this year. Then you can start practicing for the next conscious year!

- www.yogayogi.hu

So This Is Christmas

by John Lennon

So this is Christmas
And what have you done?
Another year over
And a new one just begun

And so this is Christmas
I hope you have fun
The near and the dear one
The old and the young

A very merry Christmas
And a happy New Year
Let's hope it's a good one
Without any fear

And so this is Christmas
For weak and for strong
For rich and the poor ones
The world is so wrong

And so happy Christmas
For black and for white
For yellow and red ones
Let's stop all the fight

A very merry Christmas
And a happy New Year
Let's hope it's a good one
Without any fear

And so this is Christmas
And what have we done?
Another year over
And a new one just begun

And so this is Christmas
I hope you have fun
The near and the dear one
The old and the young

A very merry Christmas
And a happy New Year
Let's hope it's a good one
Without any fear

War is over
Over if you want it
War is over
Now.

~ GARDENS & GARDENING ~

From Page 16

favourite; or try tomatoes, beans or chillies if vegetables are more your thing.

Lightly mulch your potted plants and keep them out of direct, all-day sunshine as they are vulnerable to overheating. Also watch out for root rot in plants standing in saucers of water - instead, fill the saucers with sand and keep it moist.

Summer flowers and vegetables

Summertime is the perfect time to grow crops of vegetables. Varieties such as salad greens, tomatoes, cucumbers and zucchini are easy to grow and thrive in the summer weather. If plants and flowers are your thing, succulents, orchids, ferns, geraniums and summer annuals like petunias and phlox are the perfect choice as it gets warmer.

Don't forget the grass

You may be tempted to give your grass a good haircut, but this will give weeds such as oxalis and bindii free reign over your lawn and for the new shoots to get burnt.

Instead, keep your lawn long and lush, giving it a weekly trim on the highest setting your mower permits. Long turf wears better, looks lovely, and the fresh clippings are great for activating compost.

Stay cool

Summer in Australia can be characterised by long, hot sweltering days in the sun. Whether you are pruning, mowing the lawn or planting vegetables, staying cool is not only great for your garden but also your personal health. A tea towel soaked in icy water around your neck will keep you cool and protected from the sun.

Be sun safe

It is recommended to stay out of the sun between 10am and 4pm when UV rays are at their strongest. If you are gardening outside make sure you cover up - wear a hat, sunglasses, drink plenty of water and apply broad spectrum sunscreen with an SPF of at least 30+.

BOWRA BOOK FAIR

Lots of second hand books for your holiday reading

Fundraiser for the hall

Saturday 7 January 2023



9am to 12 noon

& Sunday 8 Jan, 10 - 12



Pioneer Community Centre 70 High St Bowraville

Donations of saleable books welcomed: 0400 828 471



Bernard Laverty Funerals

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Serving the community for over 60 years

New 'news' on Sun Protection - *Continued from page 10*

A cap only does half the job – wear a broad-brim hat for effective sun protection

A cap only covers part of your face leaving your neck, cheeks and ears exposed. These are common areas for skin cancer to appear. A cap is like wearing half a welding mask. If you are going to do the job properly, wear the gear that works – a broad-brim hat of at least 7cm that shades your entire head, neck and ears.

You can't rely on sunscreen alone and correct application is critical

Sunscreen is not a suit of armour so don't ask too much of it. Sunscreen should be used with the other forms of sun protection (hats, clothing, sunglasses and shade) not instead of them. Use clothing to cover up and sunscreen to help protect the parts you can't cover. To be effective, sunscreen needs to be applied correctly and frequently – use a generous amount on exposed areas every 2 hours. Choose SPF 30 (or higher) broad-spectrum, water-resistant sunscreen.

UV is everywhere and if you can see unprotected skin, UV can damage it resulting in tan or sunburn. Both of which can lead to skin cancer.

If you're not so keen on doing it for yourself, maybe think about someone else in your life who wants you around and cover up for them. As you know, if you cover something it lasts longer – particularly when it comes to your skin.

Learn how to Slip, Slop, Slap, Seek and Slide effectively at www.sunsmart.com.au



Christmas/New Year Tips for Health and Wellbeing - *From page 10*

8. Digital detox!

Can you spend a few hours away from your phone? Why not set yourself a challenge and see if you can take a few hours or even (gasp) a few days off from your phone. Once that gnawing feeling of needing to live-stream your Christmas lunch passes you might find you enjoy it more without your phone. Why not invite a friend for a hike in nature or a walk along the beach and have a conversation IRL?

9. Pitch in

Share the load at Christmas. Christmas can be a stressful time, why not help out by bringing a plate of food to share and helping to clean up afterwards. It's a big ask to cater for lots of guests if you're hosting a Christmas or New Year's celebration so get involved and help lighten the load.

10. Book in some down time

Self-care doesn't always mean face masks and massages - it can also mean saying no to activities when you're feeling depleted, making time each day to do the things you love, cuddling a pet, getting an early night or just not over-scheduling yourself. Get on the self-care bandwagon this holiday season for a less hectic 2023.



- www.vichealth.vic.gov.au

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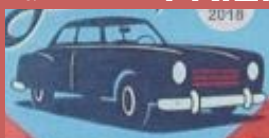


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Is it going slow?

Do you suspect a virus?

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11/11

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2022							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	Macca's Breakfast With DJ Macca	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claressence Claire Walt	With Naomi Wenitong	Here Be Dragons Nuke or Elizabeth	Paint Ya Wagons Red Sean & Tim	6 AM		
7 AM	Markets info, news, movies, local news. Nude.	News, weather, current music releases & some older tunes.	Gold at Breakfast Dayna Gold	Get that musical claressence!	Step Back In Time With Mark Barnes	No-fear fire and ice music	All the beats and all the drum	7 AM		
8 AM		Tuesday Roundup With Rachel Burns	Wake up with Dayna. It's gold.		Continental Drift Music of the world...		Sunday Morning Music With Phill	8 AM		
9 AM	Classic Hits & Jukebox Paul Rowe	Two For The Money Paul and Rachel Burns	Smoko with Gazza With Gary Biden	The Sit Down With Clint Waaka	Talk Of The Town Cen Wrobel	Travel Tales Beverly Gibbs		9 AM		
10 AM	Great Rock 'n' Roll 1950s-2010s	Music, banter and double the fun!	Easy Listening To Rock & Pop	Interviews, music, history, culture and good times!	See what's going down! All things local		Folk and Aussie music focus from the past few decades	10 AM		
11 AM	Baby Boomers Donna Collins	Infopinion Richard Lorton, Eddie Orrego, Dale & Ron Hawkins	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Peter's Pops With Peter K	Cinemascope & The Assignment (BBC)	Scoob's Smorgasbord With Scoobs	11 AM		
Noon				Flashback With Rob Davidson	Classical Tunes & Melodies Peter K	Fine Music Live On stage		Noon		
1 PM	The Weekly Fix Paul Weekley	Life Words with Linda	The Bohemian Beat Riddhi	60's to 90's with a weekly featured artist	Timeless Albums	Garage Noise With Sean Ambrose	You never know what you'll get. It's a musical feast!	1 PM		
2 PM		Bible reflections, Gospel & Australiana	The Chill Corey Barnett	Tewinga Tunes With Ralph	The AMRAP Music Show	Phase Out With Faye Faye Aspiotis	That's A Wrap	2 PM		
3 PM	Groovin With Grace Grace plays her favourite modern music	Rock On With Jimmy & the Bluebirds	The Folk Show Radio Adelaide	Guaranteed ear candy	Jammin' With Gin Gin's terrific tracks!	Lots of Aussie music old and new	Doma, Nigel, Mitch, Gary & Les Local sports calls and in-depth analysis	3 PM		
4 PM	Bowra Beats With Grace Walters	Sister Act Olivia & Sam	MC Grim Mark Seagrims	Thursday Country Trickivict	Turn Up The Volume With Macca	Aussie Music Weekly With Noddy	Praise, Prayer & Pop With Michelle	4 PM		
5 PM	Hinterland With Ben Walters	Retro Birds Robyn When & Sally Swan	Music with a wicked difference	A Breath of Fresh Air With Sandy Kaye	Three hours of soft rock & listener requests.	Saturday Date With Stu	Imagine This Radio drama	5 PM		
6 PM	Reggae Mixtape With Fitzroy	Not out of the box radio entertainment	Loudhouse With Alex	Highway Blues With Retro	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.	Save the date every Saturday!	The AntiSF Radio Show With Nuke	6 PM		
7 PM	Music outside the usual 2NVR Multicultural Radio	Blues Soul Funk Matt Leibrandt & friends	Politics & the Environment With Michael Jones	When Only The BEST BLUES Will Do	Saturday Night Gold On Friday	Wolffy	Prog Rock Playlist Rhino	7 PM		
8 PM	Music Makers With Yen	Blues, soul, funk and lively Interviews.	Ant's Rock Anthony Gamsey	Tim Unsupervised Tim Hood	With Allan Quinn	Wolffy's music & requests	The best of Progressive Rock	8 PM		
9 PM	Mixed music with featured artists	2NVR	Solid Rock	Late night humour, music, interviews and more...				9 PM		
10 PM		Overnight Music Mix	Ant's Rock	2NVR Music Mix				10 PM		
11 PM			Overnight					11 PM		
Midnight	2NVR Overnight Music Mix							Midnight		