

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

FEBRUARY 2022 ~ ISSUE #203 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449



*To Bowraville Pharmacy
Congratulations & best wishes Kerrie
for another 21 years!!!
From your extensive Bowra fan club
thank you for the care you provide.*

Turning
Milling
Welding
Repairs
Parts Made

FITTING TURNING
MACHINING
0408 964 433

Steven Jeffries - 2 Park Street Bowraville 2449

www.fittingturningmachining.com.au

Worn Shafts
Re-Built
Aluminium
and
Stainless
Welding

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.
Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

ALL ADVERTISING ENQUIRIES TO
cherieodonohue@bowraville.nsw.au

DEADLINE FOR COPY FOR

THE MARCH 2022

ISSUE IS: 4:00PM

TUESDAY, 15th February 2022

All contributions and advertisements for the next issue of the Bowraville Community News are due:

by e-mail, fax or hand in at the front counter at:

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

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 Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

ALL ADVERTISING ENQUIRIES to

cherieodonohue@bowraville.nsw.au

ADVERTORIAL and GENERAL

CONTENT ENQUIRIES to

sue.smoothy@bowraville.nsw.au

or 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

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

Bowraville Services Australia Agency

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

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

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

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

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



**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

The advertisement features a large, bold title "FITTING TURNING MACHINING" in red, flanked by two grey wrenches. Below the title is a yellow box with the phone number "0408 964 433". The name "Steven Jeffries" is centered below the phone number. A list of services is provided in a blue, italicized font, followed by the address "2 Park Street Bowraville 2449". At the bottom, the website URL "www.fittingturningmachining.com.au" is displayed in a yellow box. The entire advertisement is framed by a black border and includes decorative green leaves and red bows on the left and right sides.

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**

Special offer to community groups

Save on paper and ink!

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

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

Best Wishes for 2022



"May love and laughter
light your days and
warm your heart and
home.

May good and faithful
friends be yours
wherever you may
roam."

- Irish Proverb

Check out the Bowraville Technology Centre's DVD Library

The DVD Library operates on the same basis as our very popular Book Nook,

ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.



A limit of 2 DVDs per borrower.

3 Bowraville National Celebration Day Award Winners



Michelle (Lulu) Jarret with Melinda Pavey

Nambucca Valley Council held their annual National Celebration Day Awards honouring our local unsung heroes who go above and beyond to help their community.

Junior Citizen of the Year Award 2022 Winner – Joshua Callaway

A young person who has made an outstanding contribution to their community or school.

Indigenous Citizen of the Year Award 2022 Winner – Michelle (Lulu) Jarret

A role model within the Indigenous community who selflessly supports and cares for everyone around them.

Cultural Achievement Award 2022 Winner – Nelli Gallop-Brennan

An individual who has outstanding achievements in this field.



Josh Callaway with Melinda Pavey

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

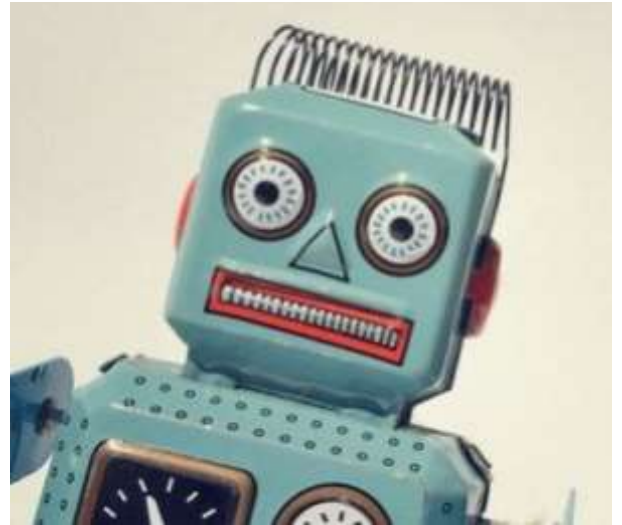
PH: 02 6564-7169

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Why we feel empathy for inanimate objects

Why is it that we feel empathy for robots and other inanimate objects?

Movies and television shows about human relationships with robots and other inanimate objects have been produced for what feels like a lifetime now. From *A.I* to *Toy Story*, anthropomorphism, or the attribution of human characteristics and emotions onto inanimate objects denotes a certain empathy when viewing non-human characters. So why is this? Why do we feel so strongly for these inanimate objects especially when they are unable to feel the same for us?



Although these robots and androids are becoming more accepted in the human world very little is understood about the emotional effects they elicit.

Two connected studies by scientists at the University of Duisburg Essen in Germany have looked at how humans react to a dinosaur-like robot.

The dinosaur, called Pleo, was first shown being petted and given affection. After these kind reactions Pleo was shown being hurt. The first study asked participants what feelings they associated with Pleo after he was abused and after he was given affection. Mostly the participants stated that they felt distressed and pained when watching Pleo be tortured.

During the second experiment an MRI was used to document which areas of the brain were activated when a human witnessed the suffering of either another human, a robot or an inanimate object.

When affection was given the empathetic areas of the brain's limbic system were activated. When the robot and human were hurt a similar response was given - showing negative empathetic concern to the abuse.

Research like this provides important information about how best to build robots that are able to provide assistance and work alongside humans.

Empathetic relationships with robots have the potential to provide a place for their beneficial and integral roles in society. Another study conducted with elderly people found that companionship was just one of the benefits robots were able to provide.

“One goal of current robotics research is to develop robotic companions that establish a long-term relationship with a human user because robot companions can be useful and beneficial tools. They could assist elderly people in daily tasks and enable them to live longer autonomously in their homes, help disabled people in their environments, or keep patients engaged during the rehabilitation process,” Astrid Rosenthal-von der Pütten, lead author of the studies, said in a statement.

The possibilities are endless when it comes to how robots and other assistance-type droids will be incorporated into our daily lives in the near future but one thing is for sure – if they are designed well and given adequate care, they may end up being more than we initially expected.

- www.mindfood.com

WHAT'S HAPPENING IN BOWRA

Bowra Country Markets

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

Bowra Community Café

Every Saturday
Pioneer Community Centre
from 9am to 1pm

Blokes Breaky

1st Saturday of the month
at St James—ring Tony to
book on 0456 257 757

St Jimmy's Kitchen

3rd Wednesday of Month
at 6pm

Bowra St Jimmy's Food Hub

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

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 ~

10/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

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

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

11/11

FREE POOL Everyday

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

11/11



Pioneer Community Centre B.C.D.A.I.

~ In the heart of Bowraville ~

Every Saturday - Saturday Café - 9am to 1pm

Every Saturday - Sewing Circle - 10am to 2pm

Every Saturday - Painting of the front of the building - 2pm to 4pm

Every Tuesday evening - Line Dancing with Rhonda

Every Thursday - 3 classes, morning, afternoon and evening -
Watercolour classes with Hanh

Every Saturday - Watercolour classes with Hanh, 3pm to 5pm

2nd Saturday of the month - **Bowra Country Markets** - 9am - 1pm

Seeking a volunteer Markets Manager, volunteer Hall Manager,
volunteer Grants writer and volunteer Secretary and, last, but not least -
Seeking contact with all NFPs / community organisations in Bowraville
for discussion regarding how your group can work and share with
BCDAI for the benefit of the whole community.

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

BOWRA COMMUNITY CAFÉ

Pioneer Community Hall, High Street

Open Every Saturday from 9am til 1pm

Drop in for a Tea or Coffee and a Treat or light Brunch/Lunch

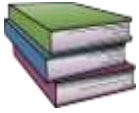
Homemade light meals,
Scones with Jam and Cream
Biscuits and Cakes.



A different menu each week and generous prices.

**Protect yourself and
others by wearing a
face covering correctly.**

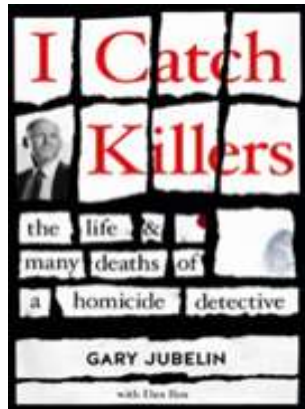




I Catch Killers: The Life and Many Deaths of a Homicide Detective

by Gary Jubelin, Dan Box

Serial killings, child abductions, organised crime hits and domestic murders. This is the memoir of a homicide detective.



Here I am: tall and broad, shaved head, had my nose broken three times fighting. Black suit, white shirt, the big city homicide detective. I've led investigations into serial killings, child abductions, organised crime hits and domestic murders. But beneath the suit, I've got an Om symbol in the shape of a Buddha tattooed on my right bicep. It balances the tattoo on my left ribs: *Better to die on your feet than live on your knees.* That's how I choose to live my life.

As a cop, I got paid to catch killers and I learned what doing it can cost you. It cost me marriages and friendships. It cost me my reputation. They tell you not to let a case get personal, but I think it has to. Each one has taken a piece out of me and added a piece, until there's only pieces.

I catch killers - it's what I do. It's who I am.

Gary Jubelin was one of Australia's most celebrated detectives, leading investigations into the disappearance of pre-schooler William Tyrrell, **the serial killing of three Aboriginal children in Bowraville** and the brutal gangland murder of Terry Falconer. During his 34-year career, Detective Chief Inspector Jubelin also ran the crime scene following the Lindt Cafe siege, investigated the death of Caroline Byrne and recovered the body of Matthew Leveson. Jubelin retired from the force in 2019. This is his story.

- 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.

Tinnitus Awareness Week 1-7 Feb 2022

Tinnitus is the perception of noise or ringing in the ear and 20 percent of people experience it. It's not actually a condition, but a symptom of underlying conditions. These can be age-related, related to hearing loss, ear injury, or a circulatory system disorder. The symptoms include ringing, buzzing, clicking, roaring, hissing, or humming in the ear and it varies depending on the person

Tinnitus research has begun closing in on a tinnitus cure but so far no one tinnitus treatment works for everyone.

In many cases, tinnitus goes away on its own. However, that doesn't mean you should wait for weeks, months, or even years for your tinnitus to disappear. If your tinnitus continues for more than a couple of weeks and negatively affects your quality of life consult an audiologist.



Why is Tinnitus Awareness important?

It's under-researched

There are many advancements being made, but tinnitus is still under-researched. Surgical implants and alternative medicines could help but without the proper research it won't be as effective as it should be.

Fight against the stigma

Many people are embarrassed to admit that they have tinnitus. It's such a personal and seemingly subjective concern that talking about it makes some feel silly and it shouldn't. It should be discussed with healthcare professionals if it affects your way of life. The embarrassment needs to end.

It affects so many

Tinnitus affects millions of people and that should be brought up more, not hidden away and forgotten about. Because they're symptoms and not conditions themselves, it's easier to brush it off, but the condition could be worse, and getting it checked out could prolong your life.

Frequently Asked Questions

Can tinnitus go away after weeks?

In many cases, tinnitus dissipates on its own regardless of the cause. However, that doesn't mean you should wait for weeks, months, or even years for your tinnitus to disappear. If your tinnitus continues for more than a couple of weeks and negatively affects your quality of life, consult an audiologist.

Can tinnitus go away after 6 months?

The greatest majority of new tinnitus cases will resolve within 6-12 months of onset. If your tinnitus is more longstanding, it is likely that you will hear it less over time, even if it persists beyond this period.

- www.deafnessforum.org.au/tinnitus-week/

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





Beat the heat with Bowraville Pharmacy



Koorringal Hats

Assorted men/women's styles & sizes



SPECIAL

Hydralyte 10packs
Electrolyte Powders



CHEEKI

Assorted Classic
Insulated Bottles



SPECIAL

Moo Goo
Natural sunscreen
SPF 40 120g

Cancer Council
Ultra sunscreen

CHEEKI

Assorted Classic
Insulated Tumblers



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





Ngambaga Bindarry Girrwa Community Services Aboriginal Corporation

ABN:19746606729

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

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

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCP (In the Nambucca Valley)

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

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

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

Early Links is for: An Early Linker will assist with:

- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
 - Carers and families of people with a disability
 - The community
 - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- General development concerns
 - Information and support for families to find out about their children's disability needs
 - Identify concerns, set goals and development plans for the future
 - Connecting with other parents, community and service providers

Early Links Mission:

- "Every child, every opportunity"

Early Links Vision:

- "Communities where every child participates and every family is respected"

Build confidence to achieve your goals

Develop your existing support networks and create new networks
Look at ways you can participate and be a part of you community.





Bowraville Lions Club Inc

News Bulletin

FEBRUARY 2022



The Lions Club of Bowraville have various fundraising projects during the year including pub raffles and BBQs Proceeds from these projects goes to local schools, sports clubs, families in need plus a range of Lions Clubs national projects.

Australian Lions Childhood Cancer Research Foundation

Funds donated by local Lions clubs and the public to ALCCRF go to the best childhood cancer research conducted right across Australia which specifically targets improved survival rates.



Australian Lions Children's Mobility Foundation

The Australian Lions Children's Mobility Foundation works with State Cerebral Palsy Associations and Local Clubs to assist children who are affected by Cerebral Palsy with mobility devices to allow children to stand and walk to the best of their ability.



Camp Getaway

Camp Getaway is a project of Lions District 201N1. The aim of Camp Getaway is to provide a holiday for children aged 11 to 13 who would not normally have access to such an experience.



Hearing Dogs

Lions Hearing Dogs is a project of the Lions Australia providing dogs for the deaf and hearing impaired at no cost to the recipient.



Lions NSW/ACT Save & Health

Lions NSW-ACT Sight & Health is the business name of Lions Clubs NSW-ACT Save Sight and Health Care Limited which acts as Trustee for both Lions NSW-ACT Save Sight Foundation Charitable Trust and Lions Clubs NSW-ACT Public Health Care Foundation.



Nurses Scholarships

The mission of the Lions NSW/ACT Nurses Scholarship Foundation is to provide the opportunity for nurses in NSW & ACT to continue their professional development.



Youth Exchange

The Lions International Youth Exchange Program was established to give youth an opportunity to travel to exciting international destinations for up to 6 weeks. The Lions Youth Exchange Program caters for both inbound and outbound youth exchanges.



Youth of the Year

Offers an unequalled opportunity for young people to experience an interview situation – in a friendly atmosphere – and a chance to practice public speaking skills.



*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.

8 Reasons to Bury Tea Bags in Your Garden

Gardeners are always
looking for organic ways to
enhance their soil and
reduce pests and the
solution may be used tea
bags.



Tea bags are filled with
varying combinations of herbs that can
help people relax, feel energized or calm
an upset stomach. Most people simply
toss their used tea bags in the trash but
there are so many useful ways to use the
bags after they are steeped – especially
in the garden.

People are discovering that soggy tea
bags can be recycled in so many ways
that the last place they should go is in the
trash. If you are a tea drinker and
gardener you just hit the jackpot. Check
out these eight ways that tea bags can
enhance your garden.

Natural Fertilizer:

Tea leaves contain tannic acid and
nutrients that are natural fertilizers for a
garden. As the leaves and bag
decompose they release the nutrients
into the soil, creating an ideal growing
area. They help retain water and many
gardeners plant them next to the roots of
their plants. The tea bag can also be
brewed again and the weak tea can be
poured on potted plants as a natural
liquid fertilizer.

Pests Deterrent:

Used tea bags and coffee grounds are a
great way to prevent pests from eating
and destroying your garden. Simply bury
the tea bags or sprinkle the coffee
grounds around your plants. Another way
is to brew the used tea bag again for a
weak tea that can be poured over the
leaves and around the plants. The natural
aroma deters mice, spiders, bugs and
even cats.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

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Continued on Page 15

BOWRAVILLE CHAMBER OF COMMERCE

This incorporated community organisation has represented the views and interests of the Bowraville community for over 100 years.

And every group, business or local Bowravillian are **invited to join** to become a part of our journey into the future. Membership is **\$20** for individuals or **\$40** for businesses.

And even if you don't join you are welcome to come along to **meetings** held at **5pm** at the **Ex-Services Club** beside the fire station on High Street on the **first Tuesday** of each month (Except January). Joining gives you voting rights.

Each meeting now has a **'Soapbox'** slot where those present are invited to share their concerns, ideas or issues with the Chamber for 5 minutes...a chance to be *heard* and to contribute to our town's way forward to a healthy future.

There are some interesting ideas in the pipeline and progress happening on other projects -

So come along, be informed and be active.

Email us at bchamber769@gmail.com

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



10/11

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 & Dryers.

Tokens available at the Pub and IGA
Commercial Washers and Dryers

Enquiries: ph 6564 7401

11/11

A WORD FROM W.I.R.E.S.

How you can help our sick, injured or orphaned wildlife.

If you find sick, injured or orphaned wildlife call WIRES 1300 094 737 or go to www.wires.org.au/rescue/report-a-rescue.

DO NOT approach snakes, goannas, bats, kangaroos, wallabies or birds of prey. Trained rescuers need to attend.

Sick or injured wildlife will need a vet as quickly as possible and needs to be contained. Our wonderful vets in Nambucca Valley will take wildlife free of charge. Still call WIRES to let them know you have taken the animal to the vet so a local WIRES carer can follow up directly with the vet.

Always use caution when handling wildlife, WIRES volunteers are trained with rescue techniques. Containing the animal will require a few basics items to protect you and the animal; PPE gloves, towel and a suitable sized ventilated box with a lid for transporting to the vet or while waiting for a WIRES rescuer.

Some of our native animals are very small or may require particular containment as they are great escape artists.



The WIRES call-operator can advise you. Please contain the animal in a safe, warm, dark and quiet place.

Stress is a huge problem for our wildlife; keep your pets away and no unnecessary touching or disturbing while contained. No food or water unless instructed by a vet or WIRES. Never consider keeping any wildlife to raise or rehabilitate yourself, they need specialised food and care. It is against the law to keep native animals taken from the wild. They must be passed on to an authorised carer with a licensed wildlife rescue organisation.

Most important is the exact location of where the wildlife was found, as our wildlife are territorial and we want the best chance of survival for their release.

~ GARDENS & GARDENING ~

From Page 16

Reduces Weeds:

Tea bags will not only help your fruits, veggies and flowers grow, but will discourage the growth of weeds. This might be the most brilliant use of used tea bags because no one likes weeding.

Fungus Fighter:

Black tea and chamomile tea are a gardener's best-kept secret for fighting fungus on plants. Simply brew a weak tea with the used tea bag and then spray or water indoor and outdoor plants to prevent fungus.

Great For Composting:

Used tea bags contain acid that helps break down other items in the compost pile allowing you to use the compost sooner. Make sure the tea bag doesn't contain polypropylene because it won't decompose. If you are unsure you can always just use the tea leaves inside the bag.

Food For Earthworms:

Earthworms are essential to a healthy and lush garden and help fertilize the soil. They are hard at work making tunnels that allow water and air to the roots of the plants and used tea bags are a great food source. Recycling your used tea bag to feed your little helpers is a win-win.

Perfect For Growing Seedlings:

Soggy tea bags are perfect for growing seedlings. The tea leaves provide food and help retain water, producing healthy plants.



Reduces Waste:

By reusing used tea bags, there is less garbage going into landfills. It is a small step in the right direction.

- blog.therainforestsite.greatergood.com/used-tea-bags-in-garden/

About February

February is mostly recognised for Valentine's Day, flowers, and depending on where you are, often being very hot!

Oddly enough, even though it's just another month, there's a lot of history behind this month of romance and love!

Read on to learn of some historical events which occurred in February as well as how it came to be the shortest month of the year.

February fluctuates between having 28 and 29 days per year. The 29th day only occurs every 4 years during leap years.

The length of February was finalised when Julius Caesar remade the Roman calendar and assigned the month 28 days and 29 days. In 713 B.C., February was officially added to the Roman calendar.

If you were born in February, your birthstone is an amethyst and your flower is a primrose.

The western zodiac signs in February are Aquarius until February 19th and then Pisces until March 20th.

The length of February kept changing. At one point, it had as little as 23 days.

The word February comes from the Latin word "februum" meaning purification.

February was named after a purification ritual which was like an early Roman spring cleaning festival.

Of all the words you can misspell, February is one of the most misspelled words in the English language. Even the White House has misprinted the word "February" before in a press release!

February is the only month where it's possible to go the entire time without having a full moon.

In any year except a leap year February, March and November always start on the same day of the week.

- www.thefactsite.com/february-facts/



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1/1

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The importance of small talk: the big health benefits of ‘weak ties’

We may not have given them much thought pre-lockdown, but regular casual interactions are important for forging healthy connections.

There’s nothing like lockdown to make you miss your local barista’s friendly face, and the little lift you get when he greets you by name and knows your order. Research suggests that the importance of these ‘weak ties’ or people we consider acquaintances in our lives – as well as chitchat with strangers – provides a sense of belonging, community, connection and an antidote for loneliness.



The lack of these interactions have been felt by many across New Zealand and Australia as lockdowns continue, highlighting the previously underestimated importance of small talk. Sociologists refer to relationships with close family and friends as strong ties and those with casual acquaintances as weak ties.

Your weak ties may be someone from a different department at work, someone you chat to at yoga on a Monday night, or a neighbour you bump into in the supermarket. It’s estimated that we interact with somewhere between 11 and 16 weak ties as we go about our usual (non-lockdown) day, such as doing the school run, commuting, undertaking leisure activities, running errands or shopping.

A 2014 research paper titled ‘Social Interactions and Wellbeing – The Surprising Power of “Weak Ties”’ found that social and emotional wellbeing is related not only to interactions with strong ties but also to interactions with weak social ties, showing that when people had more conversations with others, they reported being happier. A 2013 study by Sandstrom and Dunn found participants who treated a service provider such as a barista like a weak tie by smiling, making eye contact and having genuine social interaction, felt 17 per cent happier and more socially connected than those who did not.

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



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

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

Phone: 6568 9029

email: nambuccaanglicans@tpg.com.au

10/11

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

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

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

10/11

“A lot of our health and wellbeing comes from feeling we are part of a supportive larger group,” says Associate Professor Fiona Barlow from the school of psychology at the University of Queensland. “What the literature suggests is in fact that everyday positive and pleasant interactions with people we only know incidentally, or people who we may not get deep and meaningful with, can actually have a really positive effect in terms of how we feel,” she adds.

Which is why we miss the cheery hello from John from Accounts and a brief word with the lady from yoga whose name you don’t know but whose family and dog you know all about. And why does it feel so good that your barista knows your order by heart, greets you by name and asks about your holiday plans that you mentioned to him last week? “It makes you feel special, it makes you feel cared for, it makes you feel part of a community and we love that and we need that,” says Associate Professor Barlow.

Talking to Strangers

There is little doubt that in smaller regional towns and villages, it’s likely that striking up a conversation or attempting to engage a service provider in a social interaction will be viewed more favourably than in a bigger city. Not talking to strangers has, in places, become a cultural norm, but would the reaction be as bad as we tend to anticipate?



A 2014 study by Epley and Schroeder found bus and train commuters in Chicago enjoyed talking to fellow passengers more than they expected. They also found that despite participants’ concerns about being rejected, they almost never were.

A 2020 research paper by Sandstrom and Boothby titled, ‘Why do people avoid talking to strangers? A mini meta-analysis of predicted fears and actual experiences talking to a stranger’, found that people’s fears of talking to strangers were largely unfounded, and that conversations often went better than expected. The major fears included predicted low conversational enjoyment, not liking the person, not being liked, and concerns about conversational ability.

- www.mindfood.com/article/the-importance-of-small-talk-and-weak-ties/

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.

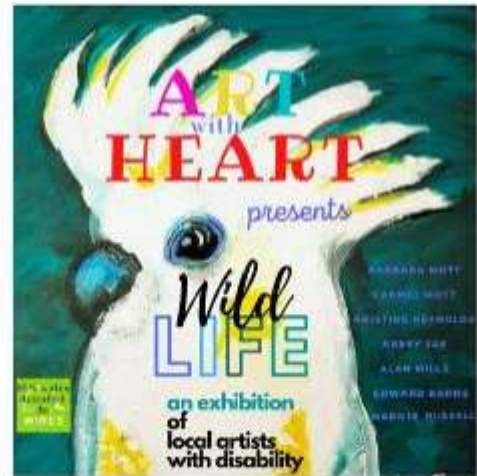


What's on in February

Art with Heart *Wildlife* Exhibition continues at the Phoenix Gallery

A beautiful exhibition of work by local artists celebrating & supporting our wildlife, with 10% of art sold being donated to the local WIRES group.

Phoenix School of Arts new arts program for 2022 - Open & NDIS Courses available in drawing, painting & ceramics.



Notice of Annual General Meeting

Nambucca Valley Phoenix will be holding its Annual General Meeting at **4.30pm on Wednesday 9th March, 2022 at the Phoenix Cafe.**

Have a say in your local organisation & become a member! New membership applications must be submitted by Friday 4th February to enable you to vote at the AGM or to nominate for the board. Nominations for Board positions must be submitted by Wednesday 23rd February.

For more information please contact us on 6501 0021 or info@nvp.org.au

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art & crafts. Gluten free and vegan options available.

For enquiries & bookings call 0490 350 241 or email cafe@nvp.org.au
Follow us on socials @NambuccaValleyPhoenix

9AM - 2PM WED TO FRI
88 High Street Bowraville NSW 2449



Radio Nambucca 2NVR 105.9 fm and streaming via www.2nvr.org.au



Happy New Year to all of our wonderful listeners from your very own community broadcaster 105.9FM 2NVR. You can be assured that in 2022 Nambucca Valley Radio will be on air and streaming via the world wide web with information, entertainment and even several new presenters bringing fresh voices to the airwaves.

We are proud to announce that we came a very respectable 3rd place in the Community Broadcasting Association of Australia's award category of Outstanding Small Station. We were up against so many other stations and high placing is testament to the efforts of our wonderful presenters and committee.

Sadly the effects of the pandemic caused us to cancel our Studio 3 Live event for January however we hope to have Heather Rose appear later in the year.

For Studio 3 in February we will be presenting the rising star Casey Alexander. Casey is a talented pop singer and guitarist, known for his gorgeous tone and chilled vibe. A Coffs local, he has some stunning original workings and also covers the likes of Ed Sheeran, Shawn Mendes and James Arthur. You can come to the studio and be a part of our live audience and bring your own refreshments if you wish. You can also listen on 105.9 FM or stream via www.2NVR.org.au from 6pm on Friday 18 February 22.



There is a possibility that this event could be affected by evolving COVID restrictions so keep an eye on our Facebook page and an ear to our broadcasts to stay up to date.

- Mick Birtles 2NVR presenter of Hair of the Dog



Bernard Laverty Funerals 24 hours 6568 1555



5/11

Serving the community for over 60 years



Community Renewable Energy in the Nambucca Valley

The Nambucca Heads Men's Shed is working with the Foundation for Regional and Rural Renewal (FRRR) to investigate options for renewable energy in the Valley. They have secured some funding to support local Not for Profit (NFP) organisations to better understand how to participate in renewable energy, lower electricity bills and be sustainable into the future.

We will be consulting with NFPs to learn about their priorities and ideas around renewable energy and lowering their emissions and bills. The Community Power Agency will be helping us to do this work and our aim is to identify some small-scale energy solutions for NFPs, such as energy efficiency programs, roof-top solar installations and batteries that will increase the resilience of these important organisations.

We encourage any local NFP that is keen to learn more about this project or that would like to participate in these consultations to get in touch with us.

With so much talk of climate change and many communities already taking action, this is a chance to do our bit! If you are a registered NFP you are welcome to join the project so please contact us to get involved or to learn more - nambuccapowerproject@gmail.com www.nhms.org.au

Project contact: Elizabeth Noble 0426 887 415

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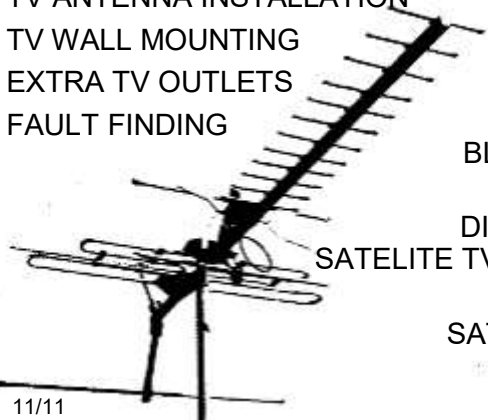
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Summer 2021							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	
6 AM	Music for a Monday Morning EmmaG Energise your week with the EmmaG Music Show.	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	Aussie Grown Across the Nation Aussie Creative grassroots to charts Gold at Breakfast Dayna Gold Wake up with Dayna. It's gold.	Tones of Claressense Claire With-Powell Get that musical claressence!	The Big Breakfast With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend.	Here Be Dragons Nuke or Elizabeth No-fear fire and ice music	Paint Ya Wagons Red Sean & Tim All the beats and all the drum
7 AM							
8 AM							
9 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	DJ Macca's Muse DJ Macca #meccasmixup, indie artists, Aussie, international, LGBT aware, diverse musical genres	Isn't It Romantic With Dallas Diet Crooners Easy Listening Popular Ballads	Phase Out With Faye Faye Aspects Lots of Aussie music old and new	Talk Of The Town Can Wrobel See what's going down! All things local	Hair Of The Dog Mick Bertles Originals, covers, wildlife, wine and wisdom	Sunday Morning Music With Phill Folk and Aussie music focus from the past few decades
10 AM							
11 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego & Ron Hawkins	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman ETP Valley Views & Voices With Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will!	Flashback With Rob Davidson	Scooby's Smorgasbord With Scoobs You never know what you'll get. It's a musical feast!
Noon							
1 PM	The Weekley Fix Paul Weekley	Life Words with Linda Bible reflections, Gospel & Australiana	Just For You Carola J. Simmons Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Tewing Tunes With Ralph Guaranteed ear candy	Dhirendra The Time Traveller Sounds from all over the place	Garage Noise With Sean Ambrose Alternative Music	
2 PM							
3 PM	Dyer's Loop Paul Dyer Music to dye for, of course	Rock On With Jimmy & the Bluebirds	MC Grim Mark Seagrims Music with a wicked difference	Thursday Country Trackovic	Peter's Pops With Peter Kirby Jammin' With Gin Gin's terrific tracks!	Saturday Roundup With Rachel Burns Two For The Money Paul and Rachel Burns	Praise, Prayer & Pop With Michelle
4 PM							
5 PM	Hinterland With Ben Wallers	Sister Act Olivia & Sam	Loudhouse With Alex 2NVR Youth Radio	Nambucca Valley Roundup Retro Highway Blues With Retro When Only The BEST BLUES Will Do	Jammin' With Gin Gin's terrific tracks!	Aussie Music Weekly With Noddy Saturday Date With Stu Make a date for Stu to entertain you—yes you!	Classical Tunes & Melodies Peter Kirby That's A Wrap Danna, Nigel, Mitch, Gary & Les Local sports results and in-depth analysis
6 PM	Bowra Beats With Grass 2NVR Youth Radio	Retro Birds Robyn Wren & Sally Swan Not out of the box radio entertainment	The AMRAP Music Show Anthony Garmsey Solid Rock	Jeff's Junk Jeff Mills 2NVR Music Mix	Turn Up The Volume With Macca Three hours of soft rock & listener requests Studio 3 takes over from 6-8pm on the 3rd Friday of each month.	Woify Woify's music & requests 2NVR Overnight Music Mix	Imagine This Radio drama Prog Rock Playlist Rhino The best of Progressive Rock
7 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Blues Soul Funk Matt Leibrandt & friends	Ant's Rock Anthony Garmsey Solid Rock	2NVR Music Mix	Dano's Archive Daniel Gosson's 2NVR sound archives 2NVR Overnight Music Mix		
8 PM							
9 PM	Music Makers With Yen Mixed music with featured artists	2NVR	Ant's Rock Overnight	2NVR Music Mix	Overnight Music Mix		
10 PM							
11 PM							
Midnight	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Overnight	2NVR Music Mix	Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix

AIR News weekdays 6, 7, 8, 9am, noon, & 6pm; weekends 6, 7, 8 & 9am 2NVR — Multiple Award Winner Sports Calls Sunday Live: 2nvr.org.au/sports-channel Studio & office: 02 6564 7777 <admin@2nvr.org.au> The Best Little Station In The Nation