

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 2023 ~ ISSUE #214 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

*Love your
computer but it's not behaving like
it loves you back?
Call into the Bowra Technology Ctr.
and talk to our IT guys about
some Relationship
Therapy for your
computer.*

All past and current Bowraville Community News are available online at
www.bowraville.nsw.au/newsletters

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and GENERAL

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Open 9.30 to 4pm Weekdays

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- Services Australia Agent
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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 MARCH 2023

ISSUE IS: 4:00PM

TUESDAY, 21st FEBRUARY 2023

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

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

Bowraville 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



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

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TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



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

*Don't be
pushed
around by the
fears in your
mind.*

*Be led by the
dreams in
your heart.*

- Roy T Bennett

*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

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Thursday 23 February 2023

MACKSVILLE EX-SERVICES CLUB - 10am to 1pm

FREE Morning Tea & Lunch

ALL SENIORS WELCOME BUT TICKETS ARE LIMITED!

Lucky Door Prize Draw Information Stalls Entertainment

Bookings are essential by **Friday 17 February 2023** (if not exhausted prior)

FOR BOOKINGS AND TICKETS PLEASE CONTACT OR VISIT:

Nambucca Valley Craft & Art Shop, Nambucca Heads Plaza
Mon-Fri 9.30am to 5pm, Sat 9.30am to 12noon (no phone bookings)

Bowraville Pharmacy: 6564 7925

Mon-Fri 8.45am to 5.30pm, Sat 8.45am to 12noon

Macksville Library: 6568 1422 ~ Tues-Fri 9.30am to 5pm

GETTING THERE:

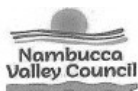
BY PUBLIC BUS: Pensioner and Seniors Card \$2.50

Check www.busways.com.au for timetable

BY CAR:

Unrestricted parking in Star Street, use walkway next to the Vet to cross at the lights.

Disabled pass means you park for longer—Check your permit.



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

1/11

BOWRAVILLE GIFT SHOP



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27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

1/11

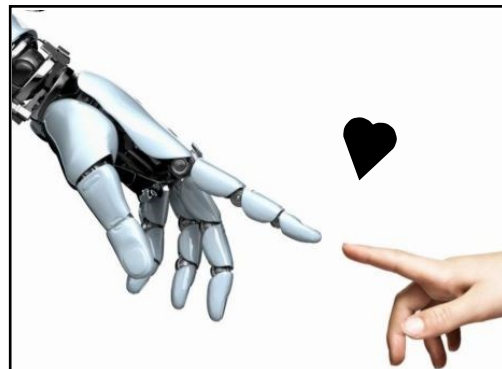
Emotional Robots: Machines that Recognise Human Feelings

Bridging the gap between simple automation and robots that can empathise and interact with humans naturally is a big challenge but major progress has been made in the past few years.

Research into social robots has shown that machines that respond to emotion can help the most vulnerable, the elderly and children, and could lead to robots becoming more widely socially acceptable.

Robots that help care for others are often at the cutting edge of emotional interaction. Milo is both a robotic teacher and a student.

Developers RoboKind created Milo to help children with autism spectrum disorders learn more about emotional expression and empathy while collecting data on their progress to target learning and treatment. Milo's friendly face makes him approachable and the children are able to analyse his expressions without feeling social anxiety.



White Coat Syndrome Fighters

Another situation where robots can reduce stress is in the hospital environment. Expper Tech's 'Robin' was designed as a companion robot to provide emotional support for children undergoing medical treatment. Robin explains medical procedures to them, plays games and tells stories and during treatment distracts them to reduce their perception of pain.

Expper's robot uses AI to create empathy, remembering facial expressions and conversations to build dialogue for follow-up sessions. In trials at the Wigmore Medical (UK) Pediatric Clinic in Yerevan, Armenia, the team found that Robin led to a 34% decrease in stress and an increase in happiness of 26% in the 120 children who interacted with him at least once.

Healthcare robots could all benefit from displaying emotional intelligence, both recognising and responding to human emotions, and to some extent, managing them. The problem with this level of sophistication is the fear that human jobs may be lost as robots become more adept at handling social situations.

Population trends suggest that the demand for robots to work alongside people in care situations will grow over time. By 2050, the number of people aged 65 and over globally will be 1.6 billion (17%), roughly twice the proportion of what it is today. An extra 3.5 million care workers will be needed and that will include emotionally intelligent robots.

Today's simple systems are being trained to meet that demand. This includes ProxEmo, a little wheeled robot that can guess how you are feeling from the way you walk, and ENRICHME – the 'ambient assisted

Continued on Page 22

WHAT'S HAPPENING IN BOWRA

Blokes Breaky

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

Womens' Brekkie

Initial brekkie

SATURDAY 11TH FEBRUARY
Bowraville Anglican Church Hall
then 2nd Saturday of month



Bowra Country Markets

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



St Jimmy's Kitchen

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

St Jimmy's Food Hub

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

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

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
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9/11

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 . . .

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RAFFLES - Wednesdays & Friday
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KITCHEN Wednesday to Saturday
Lunch 12-2pm - Dinner 6-8pm



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

FREE POOL Everyday

11/11

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 ~

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Bowraville's Controversial Streetscape . . . some historical background

The width of High Street was to provide enough space for a bullock dray to do a U-turn – well over 150 years ago.

Trees were originally planted along both sides of the upper section of High Street but around 100 years ago these were removed and a median strip was created in of the both upper and lower sections.

In the late 1920s trees including palms were planted in this median strip. Sometime in the 1930s or 1940s the Cenotaph was moved from the site of the toilet block beside the IGA Supermarket to its current position in the media strip opposite the Military Museum. And recently a walking path was constructed linking the town centre to the playground and playing fields to the west of the town.

Nowadays the 'heritage' streetscape thus created is much loved by many locals and its unique features admired by other groups such as the Tidy Towns Committee.

- Next month The Future of High Street - where are we at?



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



70 High Street – in the heart of Bowraville

Monthly meetings, 2nd Saturday of each month, 4pm in winter months.

Welcoming community participation.

Bowra Country Market, 2nd Saturday of every month.

Enquiries: 6568 3370

Pilates. Every Monday at 4pm facilitated by Sally Buchanan. 0448 697 703

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

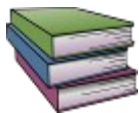
Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed. Please think of us when you are doing your spring cleaning!

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



Mad Honey

By Jodi Picoult and Jennifer Finney Boylan

A soul-stirring novel about what we choose to keep from our past, and what we choose to leave behind.

Olivia McAfee knows what it feels like to start over. Married to a brilliant cardiothoracic surgeon, raising a beautiful son, Asher—was upended when her husband revealed a darker side.

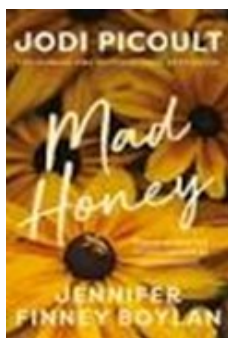
Lily Campanello is familiar with do-overs, too. When she and her mom relocate to Adams, New Hampshire, for her final year of high school, they both hope it will be a fresh start.

And for just a short while, these new beginnings are exactly what Olivia and Lily need. Their paths cross when Asher falls for the new girl in school and Lily can't help but fall for him, too.

Then one day, Olivia receives a phone call: Lily is dead, and Asher is being questioned by the police.

Mad Honey is a riveting novel of suspense, an unforgettable love story, and a moving and powerful exploration of the secrets we keep and the risks we take in order to become ourselves.

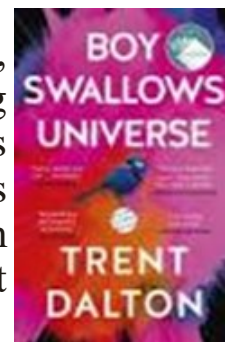
- www.goodreads.com



Boy Swallows Universe

By Trent Dalton

A novel of love, crime, magic, fate and coming of age, set in Brisbane's violent working-class suburban fringe - from one of Australia's most exciting new writers.



Brisbane, 1983: A lost father, a mute brother, a mum in jail, a heroin dealer for a stepfather and a notorious criminal for a babysitter. It's not as if Eli's life isn't complicated enough already. He's just trying to follow his heart, learning what it takes to be a good man but life just keeps throwing obstacles in the way - not least of which is Tytus Broz, legendary Brisbane drug dealer.

Eli's life is about to get a lot more serious. He's about to fall in love. And, oh yeah, he has to break into Boggo Road Gaol on Christmas Day.

A story of brotherhood, true love and the most unlikely of friendships, Boy Swallows Universe will be the most heartbreaking, joyous and exhilarating novel you will read all year.

- 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.
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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.

Congenital Heart Disease Awareness

The Facts about Congenital Heart Disease

Childhood on-set heart disease includes children born with congenital heart disease and those who acquire it during childhood.



Congenital heart disease is the most common congenital disorder in newborns. The birth rate prevalence of congenital heart disease is understood to be approximately 8 – 10 cases per 1,000 live births.

In Australia, there are approximately 300,000 registered births per year resulting in 2,400 – 3,000 babies born each year with a form of congenital heart disease. Cumulatively, taking into consideration newborns through to adults living with congenital heart disease, this number could conceivably represent well over 66,000 Australians.

Although there is no indication that the incidence of congenital heart disease is increasing, as Australian birth rates increase and enhanced medical care and technology continue to improve survival rates following medical interventions, the prevalence is predicted to increase. There are an increasing number of adults with congenital heart disease who are not well served by the existing health care system.

Gaining a better understanding of the entire spectrum of congenital heart disease, the number of people living with congenital heart disease, and the total burden of disease across the disease continuum is imperative to patients and those responsible for treating them, including health policy makers, ultimately delivering not just better, but sustainable care.

HeartKids provides support and information for children, teens, and adults with congenital heart disease as well as those that have acquired a heart condition during childhood. HeartKids also advocate for their needs and fund life- saving research.

Congenital heart disease incorporates a group of abnormalities of the heart and is a general name for any type of malformation of the heart, heart valves or major blood vessels which are present at birth.

Defects can range from simple to complex and can occur alone or in groups, depending on how the heart has developed.

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BOWRAVILLE PHARMACY

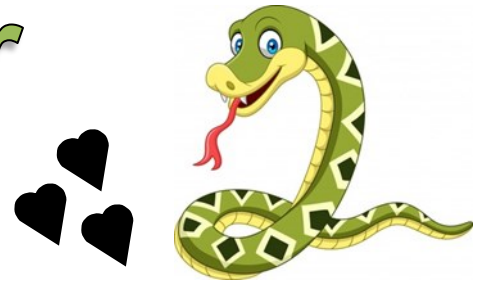
31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



Be prepared for snake bite

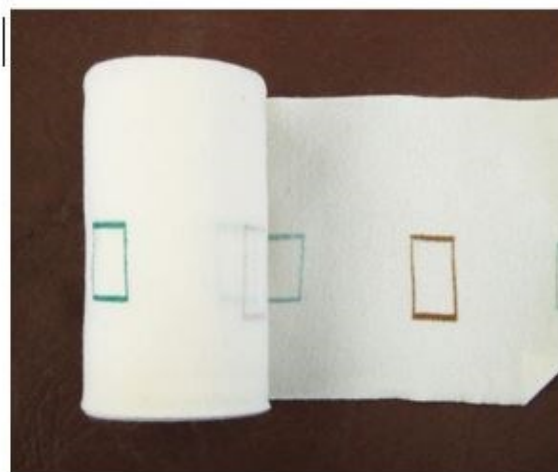
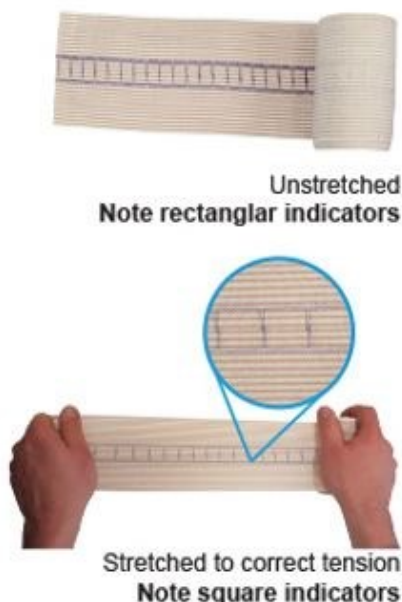


With our summer weather hotting up, snakes will be increasingly out and about.

It may be time to update your first aid supplies to include new snake bite approved bandages.

Setopress and AeroForm Premium snake bite bandages with continuous indicators are premium heavyweight conforming bandages. They are ideal for use with the Pressure Immobilisation Technique which is used for the treatment of all Australian Snake and Funnel Web Spider bites as well as Blue Ringed Octopus and Cone Shell stings.

Bowraville Pharmacy is now stocking AeroForm and Setopress Bandages in store.



BOWRAVILLE PHARMACY

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



Acquired Childhood Heart Disease

While people often think of acquired heart disease in adults, it is relatively common in children too. Some of the more common heart conditions acquired during childhood include Rheumatic heart disease and Kawasaki disease.

Other acquired heart diseases in children may occur in children who have also been treated for congenital heart defects. These children may be at increased risk of endocarditis, an infection in the heart's lining or valves caused by bacteria, and acquired cardiomyopathy, an abnormally enlarged or thickened heart. And in some cases, children and young adults can develop irregular heartbeats called arrhythmias.

Procedures or surgeries used to treat acquired heart disease in children are similar to those used to treat congenital heart defects.



Whether you are a child, teenager or adult with congenital or acquired heart disease or a family member or carer, HeartKids is there to support you on your entire life journey . . .

HeartKids support

Parents and Carers - by providing practical and emotional support for families in hospital and in the community. We're here to listen and to guide you to the right information and services.

Young People - by providing a dedicated space for young people (13-24 years) who have childhood heart disease to keep informed, manage their transition and support each other.

Adults - with childhood heart disease have unique needs and challenges. HeartKids understands that this is a lifetime journey and we are here to support throughout.

Heart Angels - are children or young people who die from congenital heart disease or associated conditions. We provide support and assistance to Heart Angel families.

HeartKids Helpline

If you just want to know there is someone you can call on from time to time who will listen without judgment or getting overwhelmed, the HeartKids support team is here for you.

Call the HeartKids Helpline on 1800 432 785 (business hours)

- heartkids.org.au



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Real love is a garden



Real love is a lifetime garden

A truly loving relationship is a lifetime garden. You have to prep for it, understand what you're doing and put in effort every single day. True love requires choices. It requires knowing yourself and knowing the person who you're choosing to stand beside.

Building knowledge is a must

Like any true gardener knows, there's a certain amount of knowledge that has to be acquired before diving in to create your backyard paradise. The same goes for our relationships. We need to know who we are and what we want from our partnerships before we involve someone else. That's how we find the right person who complements those things or wants the same things from their futures.



There are many seasons

Just as there are different seasons in a garden - there are different seasons to a relationship. Initially, things are warm, bright and passionate - these are the spring and summer phases, when things grow easily. But passions cool, pressures build and relationship can stall in winter and autumn. It's up to us then to make the conscious choice to work with one another.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

10/11

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A Brief History of Valentine's Day

If, like many others, the only thing you know about Valentine's Day is that it's associated with the mysterious Saint Valentine - but there's plenty more.



Check out this short history of the most romantic day of the year!

Who was St Valentine?

Saint Valentine was a priest who conducted marriage ceremonies (and other services) in third-century Rome.

The emperor at the time was Claudius II, who had the bright idea that men would make better soldiers if they were all single.

As a result of his new theory he banned marriage for all young men prompting Valentine to strongly disagree with him.

Rather than go along with the new law, the good-natured priest carried on with the marriage ceremonies, meaning that many young people across the country were still able to get married.

Of course, Claudius II was appalled by this and, when he found out what was going on he had poor Valentine killed off.

- www.thefactsite.com

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

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Saturday 8.45am - 12 noon

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Pharmacist

KERRIE SAVINS



10/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:

Greg Lamberth

Secretary:

Mark Scott



1/11



Email:

bowraville@lionsdistrict201N1.org.au

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1/11

BodyCONNECT MAT PILATES CLASSES

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Bowraville Pioneer
Community Centre

No bookings required
BYO mat - Class \$5

M: 0448 697 703
E: sally@bodyconnect.net.au
W: bodyconnect.net.au

~ GARDENS & GARDENING ~

From Page 14



Not all plans work out
Few gardeners have avoided the sting of failure. No matter how much you plan, how much you think you know, things don't go right sometimes. Bulbs don't sprout. Soil is too acidic. Pests have their way with your hard work. Similar things can happen in our relationships. While it's a hard-learned lesson, people and experiences get in the way sometimes. Not all plans work out even if we do our best to do the right thing.

It takes consistency

Consistency is key in gardening, just as it is key in our relationships. You need to consistently show up and check in on what's going on. Is your relationship growing the way it needs to? If not, what is it lacking? Check in with yourself and your partner. Be present with each other and show up for one another. Not just occasionally. Do it every single day of your lives together.



Timely nurturing is key

Being in a relationship isn't easy. There are a lot of expectations and a lot of pressures that can change the way we relate to one another. We get bogged down in the stress of it all and we grow apart. This can spell the death of a partnerships, though. Timely nurturing is key — just as a we have to feed our beloved plants and provide them with water and light, we have to address the issues in our relationships as they arise — rather than waiting until our problems destroy us.

Beauty is sometimes fleeting

Love is nothing if not a lesson in the brutal reality of beauty. When our gardens bloom in the spring and the summer they are filled with all kinds of colour and glorious smells.

Continued on Page 24



PHOENIX SCHOOL OF ARTS

JANUARY - FEBRUARY - MARCH

20

23

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Interesting Facts about ♥ the Human Heart ♥

A kitchen faucet would need to be turned on all the way for at least 45 years to equal the amount of blood pumped by the heart in an average lifetime.

Every day, the heart creates enough energy to drive a truck 20 miles. In a lifetime, that is equivalent to driving to the moon and back.

French physician Rene Laennec (1781-1826) invented the stethoscope when he felt it was inappropriate to place his ear on his large-buxomed female patients' chests.

The heart pumps blood to almost all of the body's 75 trillion cells. Only the corneas receive no blood supply.

The heart begins beating at four weeks after conception and does not stop until death.

Early Egyptians believed that the heart and other major organs had wills of their own and would move around inside the body.

Plato theorised reasoning originated with the brain but that passions originated in the "fiery" heart.

Grab a tennis ball and squeeze it tightly: that's how hard the beating heart works to pump blood.

The hearts of a man and woman in love will begin to synchronise after the couple has gazed into each other's eyes for three minutes.

Strong emotions and stress can break a person's heart. This condition is called "takotsubo's cardiomyopathy" or "broken heart syndrome".

- www.factretriever.com/human-heart-facts



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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.

Yes, you can die of a broken heart

You've definitely heard of someone dying almost as soon as their loved one dies, as a case of severe heartbreak.

It may sound hyperbolic but dying of a broken heart is actually medically and scientifically backed.

'Heartbreak' is typically used to describe an emotional state or as the physical symptoms of being brokenhearted, but Australian heart surgeon Nikki Stamp says that there's more to it.



"What we know is that for some people the stress of losing a loved one, or any kind of stressful event in your life, does precipitate a whole bunch of reactions in the physical body as well as in your mind that can cause disease and sometimes cause someone to pass away," Dr Stamp said.

Mostly, the death of a loved one is so stressful and painful that it increases your heart rate and blood pressure, makes your heart work faster, makes your blood stickier and ruins your immune system, notes Dr Stamp.

"And, of course, you start to do those things that maybe aren't so good for you such as burying your emotions in comfort food or not exercising or not connecting with other people.

"That's really, really an important part of how you deal with stress. It's certainly something that we're discovering more and more lately."

The legitimate and specific medical condition for dying of a broken heart is called "takotsubo cardiomyopathy", or heartbreak syndrome.

It was first described in Japan in 1990 after a patient's heart was said to resemble a Japanese octopus pot, and it has only been recognised in Australia for a bit over 10 years.

Takotsubo cardiomyopathy happens after "an acutely stressful event" when "there is a massive rush of adrenaline and it causes something similar to a heart attack," Dr Stamp said.

"When it comes to takotsubo we do actually see all of the tests that point to a heart attack. When we go and look at the patient's heart, look physically at an image of their heart, what we see is normally coronary arteries and this big blown-out heart."

In the first 30 days after a loved one dies your risk of dying also is significantly increased the research says.

Takotsubo is rare and mostly strikes post-menopausal women. Also, not everyone who suffers from it will die.

Nonetheless, take special care of yourself and your other loved ones after you lose someone in your life. Heartbreak is real.

- www.abc.net.au

We all know about the Blokes' Breaky (see Ad below) held on the 1st Saturday of each month - well now there is - yes, you guessed it, a . . .



WOMENS' BREKKIE
beginning on
SATURDAY 11TH
FEBRUARY
in the Bowraville
Anglican Church Hall

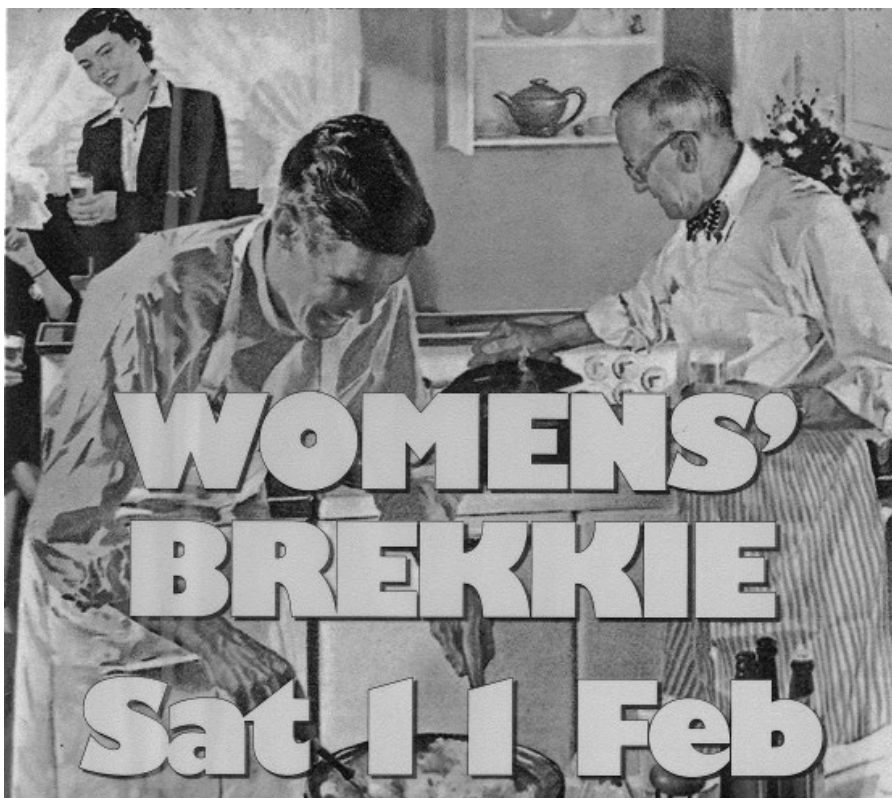


The first Womens' Brekkie attendees will enjoy a brekkie cooked & served by men (as opposed to the Blokes' Breaky which is prepared by women). Brekkie will begin at 7am for a 7.30am start and is a bargain at just \$5.

This is a friendship gathering - a sharing of food and companionship with women you may know already and women you have not met before.

At this, the inaugural Womens' Brekkie there will be a mystery guest speaker.

Look forward to seeing you ladies there.



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

9/11

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

St Jimmy's Kitchen
3rd Thursday 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

9/11



The Tech Centre has a Book Nook



Yes, for anyone in the community who is not aware there is a miniature library right on your doorstep, here in Bowraville. *The Book Nook* at the Tech Centre runs on an honesty based system – you can borrow as many books as you would like, for as long as you would like and the only thing we ask is that you return them in good condition please. There is no fee for borrowing nor for late return....because there isn't really such a thing as 'a late return'.

Every month there is a book review in the Newsletter which is about a book we actually have on the shelves so if you keep an eye out for the book review you might find something that inspires you. Or, if you have read a book that you think deserves a review – either written by yourself or a staff member, please let one of the volunteers know.

Most of the books come to us via donation and we do happily accept good quality novels and the occasional autobiography. We apologise but there just isn't the space for a fiction section, beyond the 2 shelves currently allocated, and also no room to store books so please... if you are donating we prefer the books to be in very good condition and if it's non-fiction, so long as it's modern-ish and interesting we'll do our best to get it on the shelf at some point.

This is a service for those who read adult books – again there just isn't the space for children's books.

A small amount of space has been allocated to DVDs – yes, some people do still watch them. Same again..... no fee, borrow what you want and return it at some point in time.

And a little bit of history..... when *The Book Nook* took shape the Nambucca Shire Council provided the stand alone book rack and some of the novels were donated by the Macksville Library. The wooden book shelves were kindly donated by Cherie O'Donohue when she retired from being the local PO Manager.

If you haven't seen or borrowed from our Book Nook please come in and have a browse.

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.

The AGM of the Chamber was held on Tuesday 6 December at the Bowra Hotel.

The office bearers for the coming year are Craig Bellamy – President; Wayne Brown (post office) – Vice President; Richard Barron – Treasurer; Phillida Hartley – Secretary; additional committee members are Gaille Smith, Robynne McGinley and Paula Murray.

At the following general meeting there was considerable discussion about the possibility of the Uniting Church Op-shop giving/selling Christmas items from the back of a truck – too difficult for safety – but highlights one of the functions of the Chamber which is to give approval to street stalls - they must have their own insurance.

Also at the meeting there was a full and frank discussion regarding the progress on the Recreation Club redevelopment. This was very positive and it highlights another function of the Chamber, which is to bring together the various groups in town to seek a united future.

All such improvements to the town and its amenity are of interest to the Chamber as they impact not only the ease of town life but also the attraction of customers, local and visitors alike, to businesses.

The next meeting of the Chamber will be held at 5pm on Tuesday, 7 February at the Bowra Hotel. Everyone is invited to attend... and don't forget the 'Soapbox' feature where you have 5 minutes to present your interest / concern for group consideration.

Be a part of creating a positive future for Bowra, our town.

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:



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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.

Macksville Laneway Festival is coming!!

A new community arts festival is coming to Macksville on Saturday 11th March.

Taking place on Wallace Lane and River St, this family friendly event will bring the community together in a joyous celebration of song, dance and street performance.

LIVE BANDS, FIRE SHOW, STREET PERFORMERS, STREET ART PHOTO TRAIL, MARKET STALLS, FOOD TRUCKS, KIDS LANTERN MAKING + PARADE, KIDS & YOUNG ADULT CIRCUS PLAYSPACE, COMMUNITY ROCK CHOIR, GIANT GAMES, DANCING, LANEWAY CRICKET COMP, ARTIST TALKS & WORKSHOPS

Sign up online to trade as a stallholder, or to volunteer for a couple of hours to help us manage the gates. Register a 3-4 person team for our Laneway Cricket Comp - represent your business or field a family team. Prizes to be won!

2pm to 10pm (for afternoon session and evening session line up, scan code)
\$2 coin entry per person at the gate



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~ TECH TALK ~ TECH TALK ~ TECH TALK ~ TECH TALK ~

Emotional Robots - *Continued from Page 6*

living' robot from the University of Lincoln in the UK – who helps older people to stay physically and mentally active.

A Rainbow of Emotions

Full-spectrum emotion AI will be needed to cope with the complexity of true human interaction and that is the goal of organisations such as Affectiva. So far, the company has trained its algorithms on more than nine million faces from countries around the world, to detect seven emotions: anger, contempt, disgust, fear, surprise, sadness, and joy.

Co-founder Rana el Kaliouby defined the category of 'emotion AI' and believes it will make robots smarter. She thinks devices will contain emotion chips as standard to respond to our needs in a more understanding way. Those technology companies could potentially use these advances to manipulate our emotions is a small risk compared to the benefits, she says.

The impact of social robots on our lives to date has been tiny. Manufacturers come and go without robots becoming a fixture in people's homes. But new and sophisticated models are being introduced that could make the breakthrough. Human emotions are difficult to define, but as trust in robots increases, cracking the psychological barrier becomes easier to imagine.

- www.discovery.com

Ten Reasons to Follow Your Heart

1. When you follow your heart you cease having regrets.

There is no greater truth than when we follow our heart, we cease to have regrets. While things may not always go in our favour, at least we will have tried. At least we will know the truth, and at least we know we will not live asking ourselves, "what if...?" You learn to trust your instincts and know that if you listen, your heart will guide you in the right direction.



2. Gain a newfound respect for yourself and from those you admire

When we follow our hearts, we may actually find that we develop a newfound respect for ourselves. Not only that, but we may also gain the respect of those that we love and admire. Why is this? It is because we are now focusing on what truly matters instead of the trappings of things that have no meaning at all. It helps us clear out meaningless things for things that fill us with purpose and passion.

3. Get to know who you really are and what really matters to you

When we start to follow our hearts, when we are willing to ask the tough questions about what really matters to us, we may get to know ourselves on a level that we never have before. We may surprise ourselves, when we are willing to ask the deep and tough questions, what we would choose if faced between what our heart and our intellect tell us to do. If we listen to our hearts, we may be surprised that we can find a way to make our hearts desire come to fruition.

4. Ensure that you are on the right and true path for yourself

When we listen to our heart we can ask ourselves if we are on our right and genuine path. If there is apathy or ambiguity for what we are currently doing, we know that somewhere and somehow, we have gone off course. That we are not on the path that we should be - the path of fulfillment and the path of that is our true course.

5. Allow yourself to forgive yourself and others

When we listen to our heart it tells us that it does not want us to hurt. It does not want us to hold grudges or be vengeful as the person that we end up hurting most is ourselves. When we are honest with ourselves, we will realise that the person that we are struggling to forgive is likely not sitting around and spending their time thinking about us. They are living their lives - they have moved past us. The same can be said of ourselves. We often have so many mistakes from our past that we struggle to let go of and forgive ourselves for, but we cannot go back and change them. We cannot erase them or control them. What we can control is everything that we do from this moment forward so let it be a future of kindness to self and others. To focus on the present, forget the past and to not worry about the future.

6. Learn to love yourself

This may sound simple to some and impossible to others. People struggle with low self-confidence, social anxiety and the belief that they are not good enough. When we follow our hearts we truly begin to love ourselves. We start to believe that we are good enough - even great. We believe that we are exactly the person we should be.

Continued on Page 26

~ DATES IN FEBRUARY ~

1st February


Feel Good February is an initiative encouraging people to initiate acts of kindness. This can promote positive relationships and enhance wellbeing.


i4GiveDay – is a day when you forgive someone or ask for forgiveness. Parents Daniel and Leila Abdallah created i4Give Day in memory of their four angels, tragically lost on the 1st of February 2020.

13th February

Anniversary of Apology marks the anniversary of the Apology to Australia's Indigenous peoples in the House of Representatives on 13 February 2008 by former Prime Minister, Kevin Rudd. Apologies were for past laws, policies and practices that have impacted on Australia's First Nations Peoples.

14th February

Changeover Day in 1966 saw the introduction of decimal currency to Australia. On Changeover Day the old system of pounds, shillings and pence gave way to the new dollars and cents. 

Valentine's Day - Saint Valentine was executed on 14 February in the year 270. It is said that prior to his execution, St Valentine had cured the blindness of his jailor's daughter and his final act was to write her a love message signed 'from your Valentine'. 


Extra-terrestrial Culture Day takes place on February 14 this year. The day exists to "celebrate and honour all past, present, and future extra-terrestrial visitors in ways to enhance relationships among all citizens of the cosmos, known and unknown". Persons interested in the mysteriousness of the universe and alien life may be seen celebrating the day.

17th February

Random Acts of Kindness Day is a day to practice kindness and pay it forward. Be kind to a stranger today.

~ GARDENS & GARDENING ~


From Page 16

All that beauty fades - it comes on quickly and by winter it's gone. That can happen in partnerships too. The truly beautiful moments can be fleeting. But that's what makes them worthwhile. Capture them while you can and hold on to them in the depths of winter. 

A lot happens under the surface

There is so much more to true love and lasting relationships than the sparkle we see on the surface. It takes effort to make things last. You have to be present with one another. You've got to pick up the pieces after some ugly messes. A lot goes on under the surface in a garden. The same will always be true of your relationships.

Making painful choices to grow

In love (as in our gardens) you've got to cut back the weeds. This cutting back can be painful. You may have to cut people out of your life, you may have to change how you relate to one another or how you live beside one another. Sometimes, we have to make painful choices in order to grow as individuals and as couples. Hurtful though it is, ending these relationships is sometimes the choice we must make in order to grow toward genuine love. 

Putting it all together...

When we view our relationships as a garden our entire approach changes. Treat it as a precious bloom and your connection with one another will be transformed.

Give yourselves time to grow and allow your partnership to unfold naturally. Every committed relationship goes through its difficulties. Love the seasons of your bond as much as you love one another.

- medium.com/practical-growth/real-love-is-a-garden



What's on in FEBRUARY 2023

BOWRAVILLE THEATRE

Emily Lubitz supported by Saije

Thursday, 16th February 2023 @ 6pm - doors open 6pm

Lubitz is a veteran of the scene, having performed on some of the world's biggest stages and collaborated with the likes of Paul Kelly, Martha Wainwright, Clare Bowditch and the album she recorded with old friend Mama Kin. All tickets \$5.



TÁR

Sunday, 19th February 2023 @ 2pm - 2h 28m | M | UK

Cate Blanchett wins Best Actress Golden Globe for Tár

Renowned musician Lydia Tár is days away from recording the symphony that will elevate her career when all elements seem to conspire against her.

Adults \$14 – Pensions/Concessions \$12

Members & Kids \$10 - Family \$35

Bowraville Theatre - 74 High Street, Bowraville

For further details Ph: 02 6564 7808

Email: bowravilletheatre@bigpond.com

www.bowravilletheatre.com.au



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Follow your Heart - *Continued from Page 23*

That everything that has happened to us, good or bad, has made us the person we are today. That each of the things that has happened was for a reason, taught us a lesson, and enabled us to develop the skill and knowledge we possess today. We are just as we are meant to be and we can love the person we are.

7. Learn to love others

This can be the hardest step for many people. Many of us have been through difficult times. What we need to remember is that often we have no idea what is going on, or has gone on, in another person's life. We do not know the pain and hardships that have made them the person they are. So, the greatest gift we can give them and ourselves is to show them love and kindness.

8. Learn to trust your intuition

When we follow our heart we learn to trust our intuition. We are more in tune with what our heart is telling us to do and what direction it's leading us. Sometimes it has been a long time since we have trusted our intuition, but having started to follow our hearts again, we clear a space to hear and listen to our intuition. When we learn we can trust our intuition we are more open to following our hearts.

9. Stop overthinking and go with what life throws us

When we follow our hearts we stop overthinking things. We can deal with the curve balls that life throws us more easily because we have started to believe that what should be, is what will happen. We have faith and believe in our hearts that we can survive anything that comes our way and that it has come our way for a reason.

10. Listen to your heart - it knows your true desires

Your heart knows your wants and needs and what will genuinely make you fulfilled. When we are honest with ourselves, when we are willing to ask ourselves what is truly in our hearts, we open ourselves up to possibility. Possibility to fulfill our hearts desire, and to be who we were truly meant to be, doing what we were meant to do.

- www.huffpost.com

Australia - a most peculiar place

Swimming in the sea used to be illegal!!!

Between the years of 1838 and 1902 swimming at public beaches in Sydney and other parts of New South Wales was illegal during daylight for reasons of 'morality'.

This was before swimwear for women had entered the mainstream and with a lack of separate gender changing areas the exposure of female flesh was deemed too much of an insurmountable problem.

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Radio Nambucca 105.9FM Program Guide Summer 2022 — 2023								
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
6 am	Green Eggs On Toast	Macca's Breakfast	Aussie Home Grown	Tones of Claressense	Jam Pakt	Here Be Dragons	Paint Ya Wagons Red	
7 am	Nude	With DJ Macca	Gold at Breakfast	Claire Watt	Step Back in Time	Fire & Ice	With Sean & Tim	
8 am	With Lawrie Medbury	Tuesday Roundup	With Dayna		Continental Drift	With Nuke or Elizabeth	Sunday Morning Music	
9 am	Classic Hits n Jukebox	Two for the Money	Smoko		Talk of the Town	Travel Tales	Folk & Aussie	
10 am	With Paul Rowe	Paul & Rachel Burns	Gazza	Clint Waaka	Ceri Wrobel	Beverly Gibbs	With Phill	
11 am	Baby Boomers	Infopinion	Mystical Music & Musings	Turning Pages	Peter's Pops	Cinemascap & The Assignment	Scoob's Smorgasbord	
Noon	With Donna Collins	Richard, Eddie, Ron	With Luise	Flashback	Classic Tunes & Melodies	Fine Music Live	A Musical Feast	
1 pm	The Weekley Fix	Life Words	The Bohemian Beat	With Rob Davidson	Dhirendra the Time Traveller	Garage Noise	With Scoobs	
2 pm	With Paul Weekley	With Linda	The Chill	Tewinga Tunes	Timeless Albums	With Sean Ambrose		
3 pm	Diffusion Science, Lost in Science, Space Nuts & Earth Matters	Rock On	The Folk Show	With Ralph	The AMRAP Show	Phase Out with Faye	That's a Wrap	
4 pm		Sister Act	MC Grim	Thursday Country	Jammin' with Gin	Lots o' Oz Music	Live Sports	
5 pm	Bowra Beats	Retro Birds	With Mark Seagrims	With Trickivic	Turn Up the Volume	Faye Aspiotis	Donna, Nigel, & others	
6 pm	Hinterland	With Robyn & Sally	Loudhouse	A Breath of Fresh Air	With Macca	Aussie Music Weekly	Praise, Prayer & Pop	
7 pm	Reggae Mixtape	Blues Soul Funk	With Alex	Highway Blues	Studio 3 Live every third Friday 6-8pm	Saturday Date	With Michelle	
8 pm	With Fitzroy	Matt Liebrandt & Friends	Politics & the Environment	With Retro	Saturday Night Gold	With Stu	AntiSF Radio Show + Imagine This	
9 pm	Music Makers	2NVR	Ant's Rock	Tim Unsupervised	on Friday Night	Wolfy	With Nuke	
10 pm	Featured Artists		With Ant	With Tim Hood	With Allan Quinn	With the Wolfman	Prog Rock Playlist	
11 pm	With Yen		Ant's Rock	2NVR		Music & Requests	Best of prog rock	
Midnight	2NVR Music Mix	Mix	Overnight	Music Mix		2NVR Music Mix	With Rhino	
The Best Little Station in the Nation				AIR News weekdays 6, 7, 8, 9am, noon & 6pm — weekends 6, 7, 8, & 9am				Stream: <www.2nvr.org.au>