

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

JULY 2025 ~ ISSUE #241 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

SAVE
THIS
DATE

Bowraville's Christmas Lights Festival

Sunday, 14 December

Bowraville Chamber of Commerce is organising a **Christmas Lights Festival** to be held in High Street and to include the entire township.

The High Street will be illuminated by solar lights in a fairy light show. The community is encouraged to light up their homes with Christmas lights turning Bowraville into a wonderland.

An award will be presented to the best lit-up house and business.

SAVE THIS DATE

More Christmas Light Festival info on page 12.

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

- ◆ Ten Minute Increments
- ◆ One Hour
- ◆ All day High Users Pass

Printing and copying

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

Other services

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Shredding
Computer repairs
Laminating A4 and A3
Binding and Guillotining

We take credit card payments!

ALL ADVERTISING

ENQUIRIES to

admin@bctc.com.au

ADVERTORIAL

and GENERAL

CONTENT ENQUIRIES

to

wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

2025 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 AUGUST 2025

ISSUE IS: 4:00PM

TUESDAY, 22ND JULY 2025

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 Chamber of Commerce

Next meeting will be at **5pm on Tuesday 1st July 2025**
at the Bowra Hotel. *More on page 7.*

Radio Nambucca 2NVR - Studio 3 Live
18th JULY 2025.

Come along to 2NVR at 834 Rodeo Drive Tewinga for the show,
it's from 6 to 8pm. Ceri Wroble hosts Studio 3 Live every 3rd Friday.

SUPPORT GROUP For Our Everlasting Carers

The group will be having a **guest speaker** from Women's Health Service.

Date: Tuesday, 5th August 2025 Time: 10am to 12noon

Venue: Health One, 4 Fred Brain Avenue, Nambucca Heads

Please RSVP no later than Sunday 27th July.

All ladies in the valley are welcome – if you are not a member of the group there
will be a cost of \$2 for morning tea.

For more information and registration ring BEV on (02) 6569-4337

Save the date! 6th September 2025 - The Phoenix Ball

Celebrating art, community, and inclusivity on the Mid North Coast. Get ready to shine and dress to impress in emerald green, black, and silver! Join us for a glamorous night with red carpet entry, canapés, dinner, DJ, photo booth, raffles, and surprise performances. Tickets are \$55, with all proceeds supporting Nambucca Valley Phoenix. Happening at Nambucca Heads RSL, don't miss out! For tickets, call 6501 0021 or email [in-fo@nvp.org.au](mailto:info@nvp.org.au). Let's make it a night to remember!

To Market, to market . . .

N/C

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 - Every 2nd Saturday of the month Pioneer

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

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

Bellingen Growers Market from 7.30 to 11.30am at the Bellingen
Showground every 2nd and 4th Saturday of the month.

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, Wednesdays and Fridays between 10am and 3pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

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

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



Australian Government
Services Australia

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

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

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

SHINE A LIGHT

Exhibition in the Community Hall

70 High Street, Bowraville

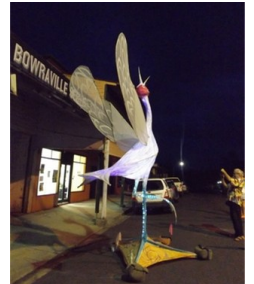
*Paintings and Light Sculptures
from local Artists*

Dates: Monday 7th July to Friday 18th July

Time: During School Holidays - not on weekends
from 10am to 2pm

Aim: Open Workshops everyday to build
small Light Sculptures and Lanterns.

Cost: \$10 per day. All materials provided.



For more information call Margrit Rickenbach: Mobil 0457159 473

N/C

Phoenix Gallery presents

THE NEXT GENERATION: STRENGTH, VISION & LEGACY

TALLOWOOD STEINER SCHOOL

BOWRAVILLE CENTRAL

BOWRAVILLE PRE-SCHOOL

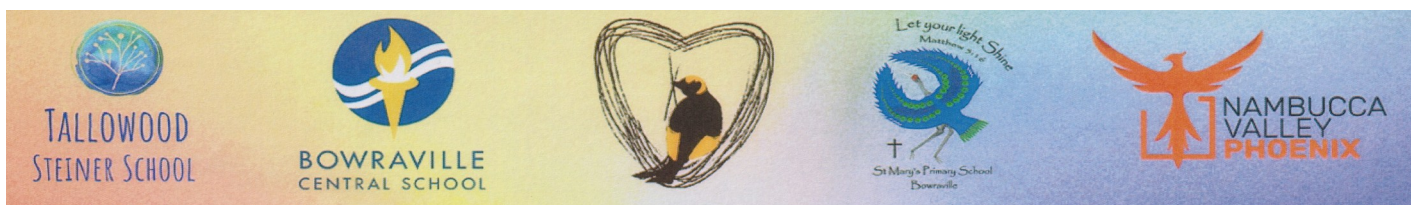
ST MARY'S PRIMARY SCHOOL



EXHIBITION RUN TILL 24th JULY

88 High Street - Bowraville

N/C



TECHNO LESSONS OPEN TO EVERYONE

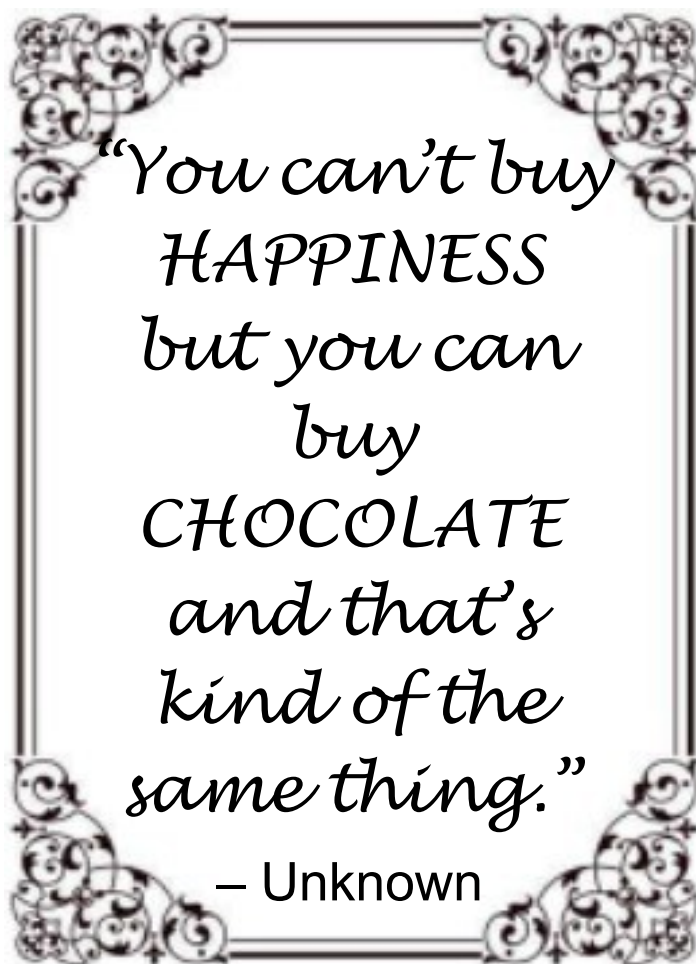
The **Technology Centre** is open to **anyone** who would like to learn more about technology – computers/internet, mobile phones, emailing, social media, using digital photography with computers, assistance with using your home computer, ipads, tablets, etc.

Absolute beginners are most welcome!



**Counter Assistance
is available
for small fixes**

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



*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 Karin on 6564 7420
for more information.

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

eftpos



Bowraville Chamber of Commerce News

OUR COMMITMENT

To promote, encourage, support and assist in any matter or manner actions that will assist in the growth and development of the economy of Bowraville.

Wow, already half of the year has passed!

So renewal of membership in the Chamber is now due for the upcoming financial year, and it is also a perfect time for new members to join. An incredible bargain at only \$20 for individuals or not-for-profits, and \$40 for businesses.

Several Chamber members attended the Council community workshops exploring the strategies for implementing the Community Strategic Plan for our valley in the coming decade. It was an excellent session with presentations on five key topics and lots of feedback opportunities. Of primary concern for Bowra is the planned review of the Bowraville Masterplan for town centre improvements as some five years have passed since it was devised. Also of interest is a review of the public toilets in the valley as last time this happened it was proposed that the toilet at MacKay Park be removed!

We are still seeking feedback on how to handle out of town garbage over-filling the bins in town, and the planned activities of groups in town to enable the co-ordination of events. We are also seeking ideas for stopping cars speeding on Cook and High Street – perhaps a roundabout at the intersection of High and Young/ North Arm – could be a great town entrance.

**We meet on the first Tuesday of each month at 5pm at the Bowra Hotel.
Please join us.**

BOWRAVILLE GIFT SHOP



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

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

24/11

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

Pharmacists
**BRIDGETTE BYRNES
KERRIE SAVINS**



8/11

Invasion of the Home Humanoid Robots

Training robots to do household chores — cont. from last month

New York Times - Reporting from Silicon Valley, April 4, 2025 – by Cade Metz

Training a robot to do household chores, however, is an entirely different prospect. Because the physics of loading a dishwasher or folding laundry are exceedingly complex, 1X cannot teach these tasks in the virtual world. They must gather data inside real homes.

When I visited Mr. Børnich's home a month later, Neo started to struggle with the refrigerator's stainless-steel door. The robot's Wi-Fi connection had dropped. But once the hidden technician rebooted the Wi-Fi, he seamlessly guided the robot through its small task. Neo handed me a bottled water.

I also watched Neo load a washing machine, squatting gingerly to lift clothes from a laundry basket. And as Mr. Børnich and I chatted outside the kitchen, the robot started wiping the counters. All this was done via remote control.

Even when controlled by humans, Neo might drop a cup or struggle to find the right angle as it tries to toss an empty bottle into a garbage can under a sink. Though humanoids have improved by leaps and bounds over the past decade, they are still not as nimble as humans. Neo, for instance, cannot raise its arms above its head.

For the uninitiated, Neo can also feel a little creepy, like anything else that seems partly human and partly not. Talking to it is particularly strange, given that you are really talking to a remote technician. It's like talking to a ventriloquist's dummy.

By guiding Neo through household chores, Mr. Børnich and his team can gather data — using cameras and other sensors installed on the robot itself — that show how these tasks are done. Then 1X engineers can use this data to expand and improve Neo's skills.

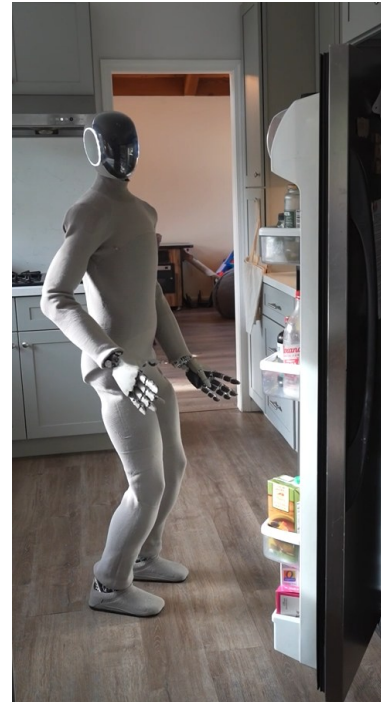
Just as ChatGPT can learn to write term papers by analysing text culled from the internet, a robot can learn to clean windows by pinpointing patterns in hours of digital video.

But through selling humanoids into homes, 1X hopes to gather enormous amounts of data that can ultimately show these robots how to handle the chaos of daily life.

First, the company must find people who will welcome an early version of a strange new technology into their homes — and pay for it. 1X has not yet set a price for these machines, which it manufactures inside its own factory in Norway. Building a humanoid like Neo costs about as much as building a small car — tens of thousands of dollars.

To reach its potential, Neo must capture video of what happens

Continued on Page 10



National NAIDOC Week

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth. You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.

Cultural appreciation or appropriation?

Cultural appreciation means appreciating another culture in a respectful, sincere way that helps broaden perspectives and build cross-cultural connections. Respecting culture means that you don't borrow what you don't understand. It also means that you take your lead from the right people for the right reasons – not for personal gain.

There is a fine line between cultural appreciation and cultural appropriation. If you do not identify with the culture, appreciation means you look to others to lead the conversation. Appropriation is when you centre yourself in the conversation and put yourself in a position of authority. Cultural appropriation is using elements of a culture that you do not belong to. Appropriation is disrespectful, exploitative, hurtful and reinforces racism.



The Next Generation: **STRENGTH, VISION & LEGACY**, celebrates achievements of the past and the bright future ahead.

This year NAIDOC Week marks a powerful milestone: 50 years of honouring and elevating Indigenous voices, culture, and resilience. The 2025 theme, “The Next Generation: Strength, Vision & Legacy,” celebrates not only the achievements of the past but the bright future ahead, empowered by the strength of our young leaders, the vision of our communities and the legacy of our ancestors.

The 2025 National NAIDOC Week poster is a stunning digital artwork titled Ancestral Lines, created by Jeremy Morgan Worrall, a proud Ngarbal/Gomeroi man from Emmaville and Deepwater in northern New South Wales.

Jeremy's work honours the knowledge, care and cultural strength passed down through generations — from Ancestors Lucy, Enoch and Nonie Wright to his Nanna Audrie and his mother Vanessa. The artwork is set beneath the swirling clouds and moonlit skies of Tenterfield, where the next generation gathers around the fire to listen, to learn and to lead.

National NAIDOC Week's premier event is the National NAIDOC Awards Ceremony which showcases Aboriginal and Torres Strait Islander excellence. Every year, a different focus city is chosen to host the National NAIDOC Awards Ceremony. Boorloo (Perth) is the focus city for NAIDOC 2025.

- <https://seniorsrightsservice.org.au/naidoc-week-2025>

Training robots to do household chores - from page 8

inside homes. In some cases, technicians will see what happens in real time. Fundamentally, this is a robot that learns on the job.

“What we are selling is more of a journey than a destination,” Mr. Børnich said. “It is going to be a really bumpy road, but Neo will do things that are truly useful.”

‘When I asked Mr. Børnich how the company would handle privacy once the humanoids were inside customers’ homes, he explained that technicians, working from remote call centres, would only take control of the robot if they received approval from the owner via a smartphone app.

He also said that data would not be used to train new systems until at least 24 hours after it was gathered. That would allow 1X to delete any videos that customers do not want the company to use.



“We want you to give us your data on your terms,” Mr. Børnich said.

Using this data, Mr. Børnich hopes to produce a humanoid that can do almost any household chore. That means Neo could potentially replace workers who make their living cleaning homes.

But that is still years away - at best. And because of growing shortage of workers who handle both house cleaning and care of elders and children, organisations that represent these workers welcome the rise of new technologies that do work in the home - provided that companies like 1X build robots that work well alongside human workers.

“These tools could make some of the more strenuous, taxing and dangerous work easier - and allow workers to focus on things that only human workers can offer,” said Ai-jen Poo, president of the National Domestic Workers Alliance, which represents the country’s house cleaners, home-care workers and nannies.

Soon, Neo began cleaning the towering windows on the side of the house. Then, as I turned back to Mr. Børnich, I heard a crash on the kitchen floor. After an electrical malfunction, Neo had fallen over backward - fainting dead away.

Mr. Børnich picked the robot up, like it was small teenager, and laid it down on a chair. Even when Neo passed out, it looked human.

Other humanoids I’ve met can be intimidating. Neo, less than five and half feet tall and a 66 pounds, is not. But I still wondered if it could injure a pet - or a child - with a fall like that.

Will people let this machine into their homes? How quickly will its skills improve? Can it free people from their daily chores? These questions cannot yet be answered. But Mr. Børnich is pressing forward.

www.nytimes.com/2025/04/04/technology/humanoid-robots - [Cade Metz](#) writes about artificial intelligence, driverless cars, robotics, virtual reality and other emerging areas of technology. Photos by David B. Torch who also contributed reporting.

WHAT'S HAPPENING IN BOWRA

Blokes Brekkie

1st Saturday of the month
at St James - ring Jeff to
book on 0428 578 394

Cuppa and Chat

3rd Saturday of the month
10am — Free
Everyone welcome

Bowra Country Markets

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

St Jimmy's Kitchen

3rd Thurs of Month
5.30pm at St James Church Hall

St Jimmy's Food Hub

Friday 9-11am
Must hold a current Centrelink card.
For more info call office on 6568-9029

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

MONDAY to FRIDAY
and 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

24/11

TUESDAY to SATURDAY

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

SUNDAY

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

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.30 - 8pm

All menus available for takeaway

Regular Live Music - Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304


What we have to offer . . .

TAB - KENO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

HAPPY HOUR - All Schooners \$6.00
from 4pm to 6pm daily

24/11

FREE POOL Everyday

NAMBUCCA RIVER REALTY

YOUR NAMBUCCA VALLEY SPECIALIST

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being backed by real estate specialists.

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

To see what our clients think of Nambucca River Realty go to
ratemyagent.com.au

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

21/11

Bowraville's Christmas Lights Festival

Sunday, 14 December

The event will be inclusive and all organisations in our town are invited to join in - particularly those involving children.

There will also be a Christmas Market - so book your spot now for the 14th of December.

The Chamber hopes to gain grants, financial support and practical help from the citizens of our town. If you are interested, please contact our secretary Phillida by email bchamber769@gmail.com and put forward any visions you may have and what you can offer to support the Christmas Lights Festival.

As a start we have a prominent citizen who has offered to be Santa and one of the Chamber members has already applied for the first grant.

Now we invite YOU to help make this a well organised and exciting festival. Participate, join in and celebrate our town and community.

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



Hi Folks,

Our winter program is on the back page of this newsletter. It is compiled by Ion Newcombe, who is also Vice President of 2NVR, our chief technical officer and trainer of new and older presenters. Ion is our radio wizard!

It takes many hands to make 2NVR the great community radio station it is. Ceri Wrobel, creator and presenter of Studio 3 Live, was awarded runner up in the Community Broadcasting Association Volunteer Awards on 27th May this year. Ceri has a weekly show on Fridays from 9 to 11, '*Talk of the Town*'. She also does great interviews which she shares with all presenters.

Beverly Gibbs recently represented 2NVR at Bellingen Readers and Writers Fringe Festival. She is the creator and co-presenter of an audio news show called *Local News of the Area*, which airs on Saturdays from 9 to 10. With Beverly writing our grant applications we have been able to paint the Tewinga Community Centre and made many other improvements.

Elizabeth Newman has persevered with our charity status application process, and we are now a registered charity. Elizabeth also presents 2 shows each week on Thursdays. *Turning Pages* from 11 to 12 and *Environmental Matters* from 1 to 2pm.

Ceri will be presenting *Thoughts and Prayers* at Studio 3 Live - July 18th. All are welcome to come to this free evening every 3rd Friday of the month. See you there.

- Luise

Celebrating World Chocolate Day - July 7

One of life's best indulgences is celebrated on World Chocolate Day - July 7. Established in 2009, World Chocolate Day marks the supposed anniversary of the day that this iconic dessert made its first entrance into Europe in 1550.

When Robert Falcon Scott and his crew set off for the South Pole, two of the precious foods that they chose to carry with them were malted cocoa powders and milk chocolate bars. If you are facing temperatures of -22°C, searing winds and intense physical exertion, chocolate offers not only nutrition and calories but also comfort. Even if you aren't racing a bunch of Norwegians across the Antarctic, chocolate has a lot to recommend it.



A major part of chocolate's appeal is its physical properties. Its texture is pleasant and matches its flavour, which is subject to the same panoply of ridiculous descriptors as is wine. What really defines the experience of chocolate, though, is its melting point. Chocolate melts at somewhere between 30 and 33°C, meaning it is solid at room temperature but melts as soon as it hits your tongue. The melting point changes with the amount of cocoa fats present, so dark chocolate will generally melt the fastest as it contains the most cocoa solids. There is no doubt that chocolate is good to eat but is it possible that it might also be good for you?

Chocolate is not just a food: It is an event, an expectation, a gift, a solace, a celebration and a companion. Most of us have turned to chocolate at some time, maybe even today, possibly as you read this. The question is whether you need to relax about enjoying your chocolate or is it too good to be true? To answer that, we look at what chocolate is and the research that suggests it might even be a health food.

Chocolate as a mood booster: It has been thought that chocolate boosts levels of the neurotransmitter serotonin, hence inducing a feeling of wellbeing and even euphoria. Research from the University of New South Wales, however, suggests that this is not the case. This research did, however, suggest that chocolate might activate the dopamine system of the brain, which generates a sense of positive reward and the anticipation of pleasure.

Chocolate also links into the opioid receptors of the brain and acts in the same way as marijuana. The narcotic actions of marijuana arise because of a compound called THC that binds to "feel-good" receptors in the brain. Chocolate does not contain THC, but it does contain something called anandamide that binds to those same receptors. Chocolate also contains substances that stop anandamide from being broken down, so the "buzz" lasts longer.

Moreover, the taste and texture of chocolate in the mouth are utterly and sensuously pleasurable. These qualities are enough to boost a low mood on their own.

Chocolate as stress relief: "I need chocolate!" Many of us have said that after a hard day, after a relationship break up, or when computers don't work. At some deep level, we all share the belief that chocolate will ease the stresses of life and research suggests that we might be right. One study published in the *Journal of Proteome Research* asked people who were identified as suffering from chronic stress to have 20g of dark chocolate at morning and afternoon tea for two weeks.

Continued on page 25

Osteoarthritis Awareness

Osteoarthritis is a common condition that leads to stiff and painful joints, making everyday activities challenging for many people. It is the most common type of arthritis, affecting more than half of the adult population with increasing age.

What Happens in Your Joints?

In a healthy joint, cartilage acts as a hard, slippery, protective coating on the ends of bones, preventing them from wearing away and absorbing shock. In a joint affected by osteoarthritis, this protective cartilage deteriorates and wears away. Bits of bone or cartilage can break off, and bone spurs may grow on the joint edges. As the damage progresses, the joint loses its smooth movement, the space between bones narrows, and bones may eventually rub against each other. The joint can also lose its normal shape and become larger and inflamed. Fingers and load-bearing joints like the knees, hips, and spine are most commonly affected.

Recognising the Symptoms

Osteoarthritis usually develops slowly. The first sign is often joint pain during or after physical activity, which can progress to pain with minimal movement or even at rest. Common symptoms include:

- Joint pain, worsened by activity and relieved by rest
- Joint stiffness
- Limited movement of the joint
- A crunching or grating sensation in the joint
- Bony lumps around the joint
- Joint swelling

The severity of symptoms varies from person to person. Severe osteoarthritis can significantly impact daily living, potentially leading to fatigue, anxiety, and depression.

Managing Osteoarthritis

While there is no cure for osteoarthritis, it can be well-managed. Management plans focus on reducing pain, maintaining joint and muscle function, and managing daily tasks. Key aspects of management include:

Joint Care:

- **Pain Relief:** Heat therapy (e.g., hot packs, heated pools) can relieve pain and stiffness, while cold therapy (e.g., cold packs) can help with pain and swelling.
- **Rest:** Learn to recognise when your body needs rest and practice relaxation techniques to improve symptoms.
- **Posture and Footwear:** Maintain good posture to reduce stress on joints and wear appropriate, cushioned footwear.
- **Aids:** Walking sticks, braces, splints, hand rails, and other mechanical devices can protect and support joints and assist with daily tasks.

Continued on Page 24

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



Stiff, Sore & Sorry?

Stiff, Sore + Sorry pain relief gel is made with a combination of natural ingredients including Arnica and Capsicum. The gel can provide relief from symptoms of osteoarthritis and other pain associated with arthritis.



How does your First Aid Kit look?



Come in today with your first aid kit and we will organise and replenish it for you.

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



BOWRAVILLE CENTRAL SCHOOL NEWS

Cultural Activities Day

Last month the school welcomed distinguished Gumbaynggirr cultural teachers into the school to run a series of workshops, leading into the NAIDOC celebrations this year!

Our students immersed themselves in the rich traditions of Aboriginal culture through vibrant dance performances, creative art sessions and captivating story time.

A huge thank you to all the presenters who shared their knowledge and passion with us, thank you to Ms King and Mrs Laverty, for their dedication in making the day a success.

We also appreciated the friends from other school communities who joined us in this celebration of learning, respect and diversity.



Kindergarten visit Dairy Farm

Our Kindergarten students had an unforgettable day at The McKay Dairy Farm! They explored the farm, learned about how milk is produced and even got to see the machinery in action! Every moment was filled with laughter and discovery. This hands-on experience helped our little learners connect with nature and understand the importance of farming in our community.

A huge thank you to the McKay Dairy Farm team for their warm hospitality and educational insights!



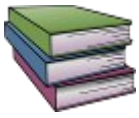
Food Technology - Pancakes for Everyone!

Stage 5 Food Technology explored diets for specific needs examining intolerances and allergies.

We made pancakes using a traditional recipe and also made gluten-free and lactose-free pancakes, crepes and waffles. Using simple substitutes such as GF flour and dairy alternatives such as oat milk and vegetable oil-based spreads.

The results were delicious, and students were surprised when they tasted the dairy and gluten free options, as they were yummy too!





BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Husband's Secret

By Liane Moriarty

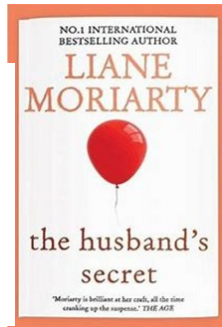
At the heart of *The Husband's Secret* lies a letter - sealed and hidden away by John-Paul Fitzpatrick, meant to be opened only in the event of his death. His wife, Cecilia, stumbles upon this letter while searching for something in the attic. Cecilia is the quintessential "perfect" wife and mother, with three children, a loving husband, and a successful career. But the moment she discovers the letter, her seemingly flawless life starts to unravel.

Unable to resist the temptation, Cecilia eventually reads the letter, and with that, a shocking secret comes to light - one that has the potential to destroy not only her family but others as well.

Interwoven with Cecilia's story are the narratives of two other women: Tess, whose world is turned upside down when she discovers that her husband is in love with her best friend and cousin, Felicity; and Rachel, a school secretary still grieving the unsolved murder of her daughter, Janie, over two decades earlier.

As the lives of these three women intersect, Moriarty masterfully reveals how past decisions have a far-reaching impact on the present.

- thatlovepodcast.com



The Opposite of Love

By Julie Buxbaum

When successful twenty-nine-year-old Manhattan attorney Emily Haxby ends her happy relationship just as her boyfriend is on the verge of proposing, she can't explain to even her closest friends why she did it. You're your own worst enemy's her best friend Jess tells her. It's like you get pleasure out of breaking your own heart.

As the holiday season looms and Emily contemplates whether she made a huge mistake, the rest of her world begins to unravel: she is assigned to a multimillion-dollar lawsuit where she must defend the very values she detests by a boss who can't keep his hands to himself; her Grandpa Jack, a charming, feisty octogenarian and the person she cares most about in the world, is losing it, while her emotionally distant father has left her to cope with this alone; and underneath it all, fading memories of her deceased mother continue to remind her that love doesn't last forever.

How this brave, original young heroine finally decides to take control of her life and face the fears that have long haunted her is the great achievement of Julie Buxbaum's marvellous first novel.

Written with the authority, grace, and wisdom of an author far beyond her years.

- www.goodreads.com



BOOK NOOK NOTICE

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



WHAT'S FEATURING in JULY at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

Damian Wright & James Hauptmann (Bandaluzia)

Friday, 4th July 2025

Doors open 7:00PM

Music starts
7:30PM

Acclaimed
contemporary
flamenco

guitarist Damian

Wright of Bandaluzia Flamenco
returns with percussionist James
Hauptmann for a mesmerising
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Tickets online \$33 + Bkg fee online
@ trybooking or at the door if
available.



Chopin's Last Tour Live Show with Piano

Friday, 13th July 2025

Doors open 1.30PM

Show starts 2:00PM

"Chopin's Last Tour" is set
in Scotland, 1848, the
year before his death.

He is in Scotland at the
invitation of one Lady Jane Stirling who
loves him. It is the story of his life through
his feelings and music, (with live piano).

It answers the questions, "What was this
man, who wrote such wonderful music,
really like? Did his circumstances,
influenced him and who did he mix with?"

Tickets \$25 +bkg fees online @
trybooking



Ziah & Date take the cello and guitar on a new journey!

Movie and live show combo

Sunday, 20th July 2025

Starts 1:30PM | Doors open 2PM

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Their evocative sound
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their fresh, culturally rich artistry.

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Tickets at door if available - Cafe will be open - EFTPOS available - Wheelchair Access

N/C



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Rural Horizons FDC a not-for-profit Family Day Care
Service funded by the Australian Government to create
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Provider: NSW
Family Day Care
Association

8/11

New Purposes for Old Coffee Grounds

There are a lot of coffee grounds out there getting dumped in the trash. So before you throw yours out, consider keeping them and putting them to good use!

Eliminate Odors

Spread coffee grounds out on a cookie sheet, allow them to dry, then put them in a bowl in your refrigerator or freezer to neutralize odours.

Remove Garlic Odor from Hands

Keep some coffee grounds in a small can under the sink. The next time you chop an onion or fresh garlic, scoop out a small handful of grounds, rub them over your hands, then rinse for odour-free hands and fingers.

Feed Your Compost Pile

Coffee grounds are loaded with phosphorous, potassium, magnesium, and copper, all of which are great additions to compost. They also release nitrogen as they break down, which helps make for especially rich compost.

Clean Up Dirty Hands

Make your own gardener's soap by melting a bar of glycerine soap, then stirring 1/3 cup of coffee grounds into the melted soap. Pour the soap and grounds into a soap mould, let it harden, then use the soap to exfoliate and wash dirty hands after working in the garden.



Repair Scratched Furniture

To disguise a small scratch or scuff mark on your furniture, mix 1 tablespoon of coffee grounds with 1 teaspoon of olive oil. Apply the mixture with a cotton swab or cotton ball, then wipe dry. (Test in an inconspicuous area first.)

Trap Cockroaches

Fill a can or jar with an inch or two of moistened coffee grounds, then line the container's neck with extra-sticky double-sided tape. The scent will draw cockroaches in, and the tape will trap them.

Continued on Page 21

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24/11

Winter Care for Pets

The winter chill is here, with frosty mornings and cold nights. We can pull on our winter woollies, but it's not so easy for our pets. Here are some easy and practical tips to keep your furry friends happy during these colder months.

Protecting pets from the cold

It is essential to provide your pet with a warm, comfortable space to sleep. Soft blankets, extra bedding, or even a heated mat can help make them more comfortable.

For the pets that live outside, ensure their bed is in a draught free location, and is big enough for them to move around in comfortably, and small enough for them to be able to warm the space with their body heat.

Some dogs will enjoy having the extra warmth and protection from a coat. This can be something they have on during the cold nights, or when they leave the warm house to go for a walk.

Cats will never appreciate a coat and would much prefer to snuggle in your bed. Outdoor cats should have access to a warm, sheltered spot.

Some pets are more sensitive to the cold than others

Shorter haired dogs are going to feel the cold more than their heavily coated friends, however there are some other things which can impact how a pet handles the cold.

- Older pets, and very young pets are more sensitive to the cold and may struggle with regulating their body temperature
- An underweight pet will have trouble regulating their body temperature, with less reserves to fall back on.
- Arthritis can become more painful during colder months, making mobility more difficult.
- Hypothyroidism, heart, kidney and respiratory issues can also impact cold tolerance.

Exercise in the cold

Even though it's cold outside, your pet still needs exercise. It helps improve circulation, and as the saying goes, "motion is lotion." Keeping those joints moving can be especially beneficial for pets with arthritis.

Cold air can irritate pets with breathing issues, so try to exercise them during the warmer parts of the day, avoiding early mornings or evenings when the air is chillier.

Frost and ice can also irritate your pet's paws. Be sure to check them after walks, wiping away any dirt or debris, and keep an eye out for excessive licking, especially if they've been walking on frosty ground. Apply a soothing salve if required.

Indoor cats may become a bit more sedentary during the colder months, so be sure to provide them with plenty of toys and scratching posts to keep them active. Some cats will only engage in play if you are playing too.

Monitoring your pet in the cold weather

Although our Bowraville winters are generally quite mild in comparison to other places, it's still important to keep an eye out for signs that your pet is feeling the chill. Shivering, seeking warmth more than usual, or becoming lethargic could be signs they need a little extra comfort. If they seem cold, bring them inside or give them some more bedding.

Winter doesn't have to be a tough time for our pets! With a few simple adjustments to their routine and some extra warmth around the house, they can stay happy, healthy, and cozy all season long. Plus, who doesn't love an extra cuddle session when it's chilly outside?

- Written by Kerrie Hyland of Vibrant Animal Health- www.vibrantanimalhealth.com.au

Uses for Old Coffee Grounds - *from page 19*

Food for Worms

If you have a worm farm, add your coffee grounds to it! Worm farms are a great way to reduce your carbon footprint while producing liquid fertilisers and compost for your garden.

Kill Fleas

After shampooing your dog's fur, rub 1 to 2 cups of coffee grounds into the fur and rinse well. Not only will this help kill any fleas that may be hiding in the fur, but your dog will feel silky smooth afterward!

Deter Ants and Other Pests

Sprinkle old coffee grounds to help get rid of ants or sprinkle them directly on ant hills themselves. Used grounds can also repel snails and slugs too.

Enhance The Flavour of Chocolate and Chili

Adding instant coffee grounds or brewed coffee enhances the flavour of chocolate cakes and chili. Substitute strong coffee for some of the water in a recipe to give it a richer, bolder flavour.

Deter Cats from Your Garden

Mix used coffee grounds with chopped orange peels and sprinkle the mixture liberally around your garden and flowerbeds. The scent of coffee grounds and citrus will help deter your cat (and those around the neighbourhood) from using your garden as their own private litter box.

Add Shine to Darker Hair

Brunettes and darker redheads can turn up the shine in their hair by rinsing their hair with strong, cooled coffee. Or for a darker, more vibrant shine, steep used coffee grounds in 2 cups hot water for 15 minutes, then allow it to cool before rinsing your hair with it. (Not recommended for blonde hair.)

- www.onegoodthingbyjillee.com/uses-for-coffee-grounds/

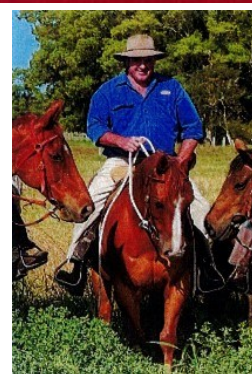


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Barney Townley is a local farmer well known for his knowledge of the Nambucca Valley farming community.

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8/11

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Orchids for Beginners

Orchids have a reputation for being finicky, difficult plants, but many orchids are no harder to grow than your average houseplant. Start with an “easy” orchid, then learn the basics of growing orchids. You’ll be addicted to these fascinating plants in no time. Read on to learn about beginner orchid growing.

Getting Started

Getting started with orchid plants means selecting the best plant for beginner orchid growing. Although there are many types of orchids, most pros agree that Phalaenopsis (moth orchid) performs well in the average home environment and is great for those just starting out.



A healthy orchid has a strong, erect stem with dark green, leathery leaves. Never buy an orchid that looks brown or wilted.

Basics of Growing Orchids

Light: The amount of light varies considerably, ranging from high, medium, or low light, depending on the type of orchid. Moth orchids, however, prefer low lighting, such as an east-facing or shaded window, or a spot where the plant receives morning sun and afternoon shade. You can also place the orchid under a fluorescent light.

Your plant will tell you if it’s getting too much (or too little) light. Leaves tend to become greener when light is too low, but they may turn yellow or bleached-looking when light is too bright. If you notice black or brown patches, the plant is likely sunburned and should be moved to an area with lower light.

Continued on Page 24

WE NEED YOU



If you know your way around the latest technology and are able to assist others who may have queries or problems with their computers or phones, and you are in a position where you are willing or required to volunteer one or two days a week, we at the Bowraville Technology Centre would very much like to hear from you.

If you are interested in volunteering or have any questions - we look forward to hearing from you.

Call in to the BTC on either a Tuesday or Wednesday and speak to Karin or email admin@bctc.com.au attention Karin Woods to find out more or call Karin on 6564-7420

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Osteoarthritis Awareness

Continued from page 14

- **Exercise:** Regular exercise can improve mood, reduce joint pain and stiffness, increase flexibility, and strengthen muscles, bones, and ligaments. Warm water exercise is particularly helpful due to the water's warmth and buoyancy.
- **Weight Control:** Maintaining a healthy weight limits stress on weight-bearing joints. This involves regular exercise and a healthy diet rich in fruits, vegetables, and whole grains, while limiting high-fat, high-sugar, or high-salt foods.
- **Joint Awareness:** Proper care of joint injuries and appropriate joint protection during physical activity can help limit or avoid osteoarthritis later in life.

Medications for Relief

Various medications can provide additional relief for osteoarthritis symptoms:

Pain Relievers: Paracetamol can effectively relieve osteoarthritis pain and should be taken regularly for optimal results. Stronger pain relievers may sometimes be needed.

Anti-inflammatory Medications: Both oral and topical (creams and gels) NSAIDs are available. Oral NSAIDs can have serious side effects and are generally recommended if paracetamol is not sufficient.

Complementary Medicines: While some complementary medicines like glucosamine and chondroitin may help relieve osteoarthritis symptoms, the scientific evidence for their effectiveness is not conclusive.

Topical Treatments: Liniments, capsaicin, and heat rubs may also help reduce pain and stiffness.

Always consult a doctor or pharmacist for advice on the best medicines for your individual needs.

~ GARDENS & GARDENING ~

Orchids for Beginners

Continued from page 22

Temperature and humidity: Like light, orchid temperature preferences range from low to high, depending on the type of orchid. Moth orchids, however, do well in normal room temperatures preferred by most houseplants.

Most orchids prefer humid environments. If your room is dry, place the orchid on a humidity tray to increase moisture in the air around the plant.

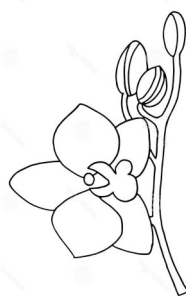
Water: Overwatering is the prime cause of orchid death, and orchid pros advise that if in doubt, don't water until the top couple of inches (5 cm.) of potting mix feel dry to the touch. Water the orchid in the sink until the water runs through the drainage hole, then let it drain thoroughly.

Decrease watering when blooming stops, then resume a normal watering schedule when new leaves appear.

Fertilising: Feed orchids once a month using a balanced, water-soluble fertiliser. Alternatively, use a fertiliser formulated specifically for orchids. Like watering, the application of fertiliser should be reduced when blooming stops and resumed with new growth appears.

Repotting: Repot orchids into fresh potting mix every couple of years. Use a potting mix formulated for orchids and avoid regular potting soil.

www.gardeningknowhow.com/ornamental/flowers/orchids/beginner-orchid-growing.htm



Celebrating Chocolate - Continued from page 13

Blood tests showed that levels of the stress hormones cortisol, adrenalin and noradrenalin all dropped significantly in response to the chocolate 'treatment'.

Chocolate as an aphrodisiac: Chocolate's reputation as an aphrodisiac is widespread. Who can honestly say that they have never proffered a chocolate in the hope that it might grease the wheels of affection? In all truth, though, there is scant evidence that chocolate does boost libido except in that it may boost mood. A better mood can make you more disposed to all sorts of things.

Chocolate for the heart: Eighteenth-century physicians believed that chocolate strengthened the heart. In the 1990s, it was found that indeed the flavonoids from cocoa can protect the cardiovascular system and much research has followed.

Tufts University in Boston reported that eating dark chocolate may help lower blood pressure. One study found that white chocolate, which does not contain flavonoids, yielded no benefit for blood pressure. However, dark chocolate led to a significant drop in blood pressure. The researchers did caution that since dark chocolate contains high amounts of fat, this might, in the long term, offset the shorter-term benefits.

Another study reported that eating dark chocolate can protect the blood vessels themselves. Researchers found that after eating 100g of commercial dark chocolate, an artery in the arm of volunteers dilated significantly more in response to blood flow and they had a seven per cent decrease in the stiffness of their aorta (the major artery leading from the heart). Chocolate flavonoids improve blood vessel function by increasing the availability of nitric oxide release and prostacyclin in the body.



Continued on Page 26

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St Jimmy's Food Hub
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ST. JAMES CHURCH HALL

Celebrating Chocolate - Continued from page 25

Additionally, a study from the Netherlands reported that the flavonoids from cocoa improve the functioning of the cells that line blood vessels. The study lasted 15 years and found that men who ate the most cocoa were only half as likely to die during the trial than those who did not eat it. Before you go out and binge, however, even the highest cocoa consumers were only having an average of 4g of cocoa per day.



Sugar and fat from chocolate products are unfortunately counter-productive to heart health. So, to do anything for your heart, eat the high-cocoa-content dark chocolates (70–80 per cent) and eat it in moderation.

Chocolate for the brain: Chocolate contains many substances that act as mental stimulants, such as theobromine, phenethylamine and caffeine. Although a 50g chocolate bar only has about 20 per cent of the caffeine of a cup of filter coffee, chocolate does seem to stimulate mental performance, but it might just be the sugar in chocolate that is doing the work.

Australian Chocolate consumption: we generate US\$3.5 billion (approx. AU\$5.3 billion) every year, with that figure expected to grow by 8.5 per cent in the next two to three years. That breaks down to the average Australian consuming 32kg of chocolate per year. Chew on that figure.

- by Terry Robson - www.wellbeing.com.au



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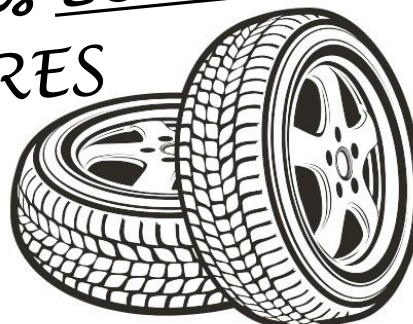
24/11












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<div>  Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2025 </div> <div>  Studio 3 Live </div>									
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	Clairensense Sounds from Screen With Claire Watt	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Clairensense Claire Watt	TGIF Bethina Goodwin	Rise N Shine Ron Hawkins	Sunday Morning Soul Sound	6 AM	
7 AM		Real World Gardener + Living Planet	A Country Tea Time With DJ Tina	FlipSide With Phill	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above: 6:30 Saltwater People: 7:30 It's Only Words: 8:30	With Clairensense	7 AM	
8 AM	Paradigm Shift With Geoff Moyle	From Then To Now With Paul & Rachel Burns	Smoko with Gazza With Gary Biden	Get that musical clairensense!	Talk Of The Town Ceri Wrobel	Local News of the Area Audio news, with Beverly & Linda		8 AM	
9 AM	Classic Hits & Jukebox Paul Rowe		Easy Listening To Rock & Pop	All Aussie artists All recent releases	Peter's Pops &	Maidensong Dianna Galbraith	Scoob's Smorgasbord With Scoobs	9 AM	
10 AM	Great Rock 'n' Roll		Pop		Classical Tunes & Melodies With Peter K		Haunting ballads to electrifying beats with a dash of the unknown!	10 AM	
11 AM	Baby Boomers Donna Collins	Infopinion With Richard & Eddie	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Robertson's Rollercoaster With Tom	Noisy Neighbours Trenck de Groot	That's A Wrap	11 AM	
Noon		Information with opinion, but no alternative facts + eclectic music You are invited to take part.			Classical Tunes & Melodies With Peter K		Donna, Nigel, Gary & Les	Noon	
1 PM	Flashback With Rob Davidson	Mixed Grill With Macca	33 Blues With Lizzie	Environmental Matters with Elizabeth + Earth Matters	With Sean Ambrose	Garage Noise	Local sports calls and in-depth sporting analysis	1 PM	
2 PM	1980's to 1990's with a weekly featured artist	Rock On With Jimmy & the Bluebirds	Blues extravaganza.	Tewinga Tunes With Ralph	MHS Radio From Macksville High	Alternative Music		2 PM	
3 PM	Hot, Sweet & Jazzy From "The Pulse"	A little bit of everything hot!		Guaranteed ear candy	Music from up and down and all over the place.	Soul Quench With Lizzie		3 PM	
4 PM	"The Pulse"							4 PM	
5 PM	A Breath of Fresh Air With Sandy Kaye	Sister Act Olivia & Sam	DJ Casey's selected music	Thursday Country Trickwiv	MHS Radio From Macksville High	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	5 PM	
6 PM	Bowra Beats With Grace Walters	Retro Birds Robyn Wren & Sally Swan	The Sixties in Australia Rob Davidson	Hit Singles From Your Past	The Wire Weekly News wrap weekly			6 PM	
7 PM	Hinterland With Ben Walters	Not out of the box	The Curious World of Lisa Z	With Macca	The Local Source All Aussie Music	Saturday Date With Stu	The Antisf Radio Show With Nuke	7 PM	
8 PM	Reggae Mixtape With Fitzroy	On the Flipside With CJ	Tracy's Eclectic Tunes With TracyO	Politics & the Environment Michael Jones	Meet Me @ The Movies Narrative about Narratives	Don't forget to keep your date!	Imagine This Radio drama & stories	8 PM	
9 PM	Music outside the usual	CJ flips vinyl records, CDs and ideas!	Musical reminiscences, favourites and fun.	Tim Unsupervised Tim Hood	Fish's Favourites With Dave P	Wolfy Wolfy's music & requests	Prog Rock Playlist Rhino	9 PM	
10 PM	Music Makers With Yen	Space Nuts Lost in Science	Ant's Rock Anthony Gamsey	Late night humour, music, interviews and more...	Tunes / like to hear...			10 PM	
11 PM	Mixed music with featured artists	Zed Games & Diffusion	Solid Rock Aussie Focus	2NVR Music Mix	Dark Side of the Moon My Generation	2NVR Music Mix	The best of Progressive Rock	11 PM	
Midnight	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Music Mix	The Gary Jackson Show &	2NVR Music Mix	2NVR Overnight Music Mix	Midnight	
<div> AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am </div> <div> 2NVR — Multiple Award Winner </div> <div> Sports Calls Live: 2nvr.org.au/sports-channel </div> <div> Studio & office: 02 6564 7777 <admin@2nvr.org.au> </div> <div> The Best Little Station in the Nation </div>									