



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 2021 ~ ISSUE #197 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Summary of the Draft Bowraville Masterplan



Late last year the Nambucca Valley Council facilitated a community consultation between local architect Alan Rudge and some 30 members of the local community to develop a brief for renewal of the Bowraville town centre particularly the area of High Street and the central median strips. Alan Rudge also consulted with other groups.

This follows on from the success of recent restorations in Macksville and ongoing local concerns about amenity and business viability of our special town.

On 13 May 2021 Council resolved to exhibit the Draft Bowraville Masterplan prepared by Alan Rudge Architecture for one month and a community consulting session was held in town on 25 May.

Submissions regarding the plan were accepted until 21 June.

The draft plan emphasises the opportunities created by a wide street and promotes the central median strip as a functional open space.

The plan proposes that the width of the median will be increased to 8 - 10 metres. This will immediately reduce the tarmac surface both helping to reduce traffic speed and helping lower our high summer heat. The latter will be further facilitated by vine covered arbours and the planting of trees and palms both in the median and in corner parklets. Seating and tables will be included.

The palms chosen are the cabbage tree palm/ *livingstonia australis*, a local species. Consultation with the Gumbaynggirr community identified "Bawrruung" = "*place of cabbage tree palm*" as being the root of our town name so these plantings provide a unifying theme. This consultation also brought forth the vision of a healing water feature at the southern end of the median.

The intersection of Belmore and High Street will be raised to provide a central focus, traffic calming and further improve pedestrian focus. A pedestrian crossing is also proposed at the post office.

Some footpath areas will be extended to provide outdoor spaces for dining, power-lines will be placed underground and the public toilet block will be revamped.

Obviously this was an initial draft and so subject to changes and costing/ funding constraints.

**ENQUIRIES TO: Grant Nelson, (02) 6568 0248, Nambucca Valley Council
PO Box 177, MACKSVILLE NSW 2447**

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2020 ADVERTISING CHARGES:

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

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

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

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

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

Front Cover (1 issue) - \$60 issue

ALL ADVERTISING ENQUIRIES TO
cherieodonohue@bowraville.nsw.au

DEADLINE FOR COPY FOR

THE AUGUST 2021

ISSUE IS: 4:00PM

TUESDAY, 20TH JULY 2021

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

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

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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 Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

ALL ADVERTISING ENQUIRIES to

cherieodonohue@bowraville.nsw.au

ADVERTORIAL and GENERAL

CONTENT ENQUIRIES to

sue.smoothy@bowraville.nsw.au

or wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

WHAT'S HAPPENING IN BOWRA ~ WHAT'S HAPPENING IN BOWRA

BOWRA COUNTRY MARKET 10th July 9am - 1pm

Held the 2nd Saturday of each month at the Pioneer Community Centre in High Street Bowraville. MAKE IT * BAKE IT * GROW IT * RECYCLE IT * UP-CYCLE IT.



Please note change of date for

ST. JIMMY'S KITCHEN - 14th July from 5.30pm

Please come and bring a friend - It's FREE but donations are appreciated.

BOWRAVILLE SINGERS – FUNDRAISING CONCERT

Sunday, 18th July at 2pm

The Bowraville Theatre Singers are doing this special concert from which all moneys raised will go towards assisting the Theatre with its running costs. Join us at the Theatre for an afternoon of beautiful singing and entertainment.



VWs SHOW and SHINE - Tuesday, 27th July



Check out these pampered VDubs when they come to visit Bowra – they've come from near and far for Valla's annual VW Spectacular and it's always great to see them come and line the High Street in our town. Don't forget your camera.

UNDER THE VERANDA MARKET DAY –

Tuesday, 27th July – 10am to 2pm

The day the VWs will be in town there will be also be market stalls along the street. Cost is \$10.00 to hold a stand and you will require own insurance, table, chair and props for your stand.

Look forward to the town coming together for this day.





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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

No one is born hating another person because of the colour of his skin, or his background, or his religion.

People must learn to hate, and if they can learn to hate, they can be taught to love, for love comes more naturally to the human heart than its opposite.

- Nelson Mandela

TAX GOT YOU BEAT?

Do you need assistance with your Income Tax Return?

Each Monday at the Bowraville Technology Centre an ATO trained representative is there to help.

Phone 6564-7420 to make an appointment. It's free.

Check out the Bowraville Technology Centre's DVD Library

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

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



A limit of 2 DVDs per borrower.

Special offer to community groups

Save on paper and ink!

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

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



JULY at the

BOWRAVILLE THEATRE

74 High St., Bowraville email: bowravilletheatre@bigpond.com Ph: 6564-7808

The Bowraville Singers

Sunday, 18th July 2021 @ 2pm

Tickets: \$20

The amazing voices of the Bowraville Theatre Singers will once again fill the beautiful theatre with uplifting music, that will raise your spirits and have you wanting more.

Venue: Bowraville Theatre - 74 High Street

For further details Ph: 02 6564 7808
Email: bowravilletheatre@bigpond.com



Bowraville Bus Timetable

Departs Bowraville Post Office at 7.13am Bowraville IGA at 8.13am and 9.13am

Returns Macksville to Bowraville at 2.35pm, 3.35pm, 4.35pm, Last bus at 5.25pm

Red Ticket — \$2.50 per day Eligibility: Pension Card

busways Telephone: 6568-3012

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

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

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

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

7/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

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Bitcoin's 'Staggering' Energy Consumption Raises Climate Concerns



A technician inspecting a bitcoin mining operation.

A bit about Bitcoin

Bitcoin is a type of cryptocurrency.

There is no physical bitcoin, only balances kept on a public ledger that everyone has transparent access to.

All bitcoin transactions are verified by a massive amount of computing power.

Bitcoin is not issued or backed by any banks or governments, nor is an individual bitcoin valuable as a commodity.

Despite it not being legal tender in most parts of the world, bitcoin is very popular and has triggered the launch of hundreds of other cryptocurrencies.

As bitcoin's fortunes and prominence rise, so do concerns about its environmental impact.

The process of mining the cryptocurrency is enormously energy intensive, so much so that it consumes more electricity in a year than Argentina or the Ukraine, according to the latest data from

the Cambridge Bitcoin Electricity Consumption Index.

Bitcoin's value has risen past \$50,000. It was in part buoyed by the success of Elon Musk, whose electric car company Tesla made more than \$900 million after buying \$1.5 billion of the currency, although its value has subsided somewhat since then. But how did Musk's support of the currency meld with Tesla's goal of moving the world towards a "zero-emission future?"

The question is larger than Musk, of course. Bitcoin mining is energy intensive by design. There are only 21 million bitcoins that can be mined, a process that involves solving complex math problems on a computer to release new coins. When bitcoin first started in 2009, it was possible to mine for bitcoin on a normal computer. However, the currency

Continued on Page 26

Now open Saturdays!!

Dine in – Take Away – Catering



Come enjoy the ambience at the historic bank!
We offer fresh, healthy food, coffee, locally made produce,
art & crafts. Gluten free and vegan options available.

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

8AM - 2PM TUES TO SAT
88 High Street Bowraville NSW 2449



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

What we have to offer . . .

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



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

FREE POOL Everyday

7/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

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

7/11

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

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

MacksvilleBowra Hospital Auxiliary

With all items on the wish list for the last financial year paid and delivered we will wait till after our AGM in August to consider the next. Over \$60,000 in equipment was donated in this financial year. From January to April net profit for the Hospital Cafe was \$22,000. This operation has become so busy that now 3 volunteers are rostered daily. As we only have 27 on call we are hoping more volunteers will come forward and reduce the work load. At the recent Trivia night held at the Nambucca Heads golf club \$1,500 was raised and the event was so popular the Club is prepared to make this an annual event. A big thank you to all who helped in any way. Our regional representative, Dee Hunter, will travel to Sydney in July to attend the Central Committee's AGM when a new president will be elected. Although the hospital opened in May 2020, due to Covid19 restrictions an official opening with local member for Oxley, Melinda Pavey, in attendance was delayed and held on 15th June. Organisations and individuals associated with early planning to completion were invited. A special plaque thanking all in the community will be placed in the courtyard off the main hospital street. The whale sculpture hanging from the ceiling and the art works are an eye catching addition in the spacious café area. Contact Heather on 0403 800 262.



Bowraville Garden Club

Being the long weekend in June our numbers were down for the June meeting however those present

enjoyed the special meal prepared by our chef Paula. With most gardens in their winter recess our plans for July will focus on visits to other interesting places. Members will be informed by email when a final decision is made.



Our Club has been invited to join a bus trip to Berry and to a luncheon in August hosted by our Regional delegate where Central Committee members will also be present. Bowraville meetings are on the 2nd Saturday of each month. Contact Barbara on 6564-7039

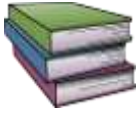
Bowraville Seniors

Due to various circumstances our July meeting was cancelled. Our next meeting will be at the Coach House Inn on Friday 16th July, commencing 11 am. Our guest speaker will be Gay Channels who will give a talk on the joys and tribulations of house sitting. In July we had planned to look at some of the proposals for change in Bowraville so we may have time for this as well. Seniors over the age of 70 are requested to seriously consider being Covid19 vaccinated. Covid testing is now being done at the previous Seven Day Adventist School in Macksville and the Plaza at Nambucca Heads.

Bowraville Recreation Club

With finer weather there is a lot of activity on the golf course. With the 6^t, 7th and 8th fairways fenced off, machinery has moved in to level ground for the new club house and bowling greens. Golfers are playing the other six holes. Turf has been removed from





BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

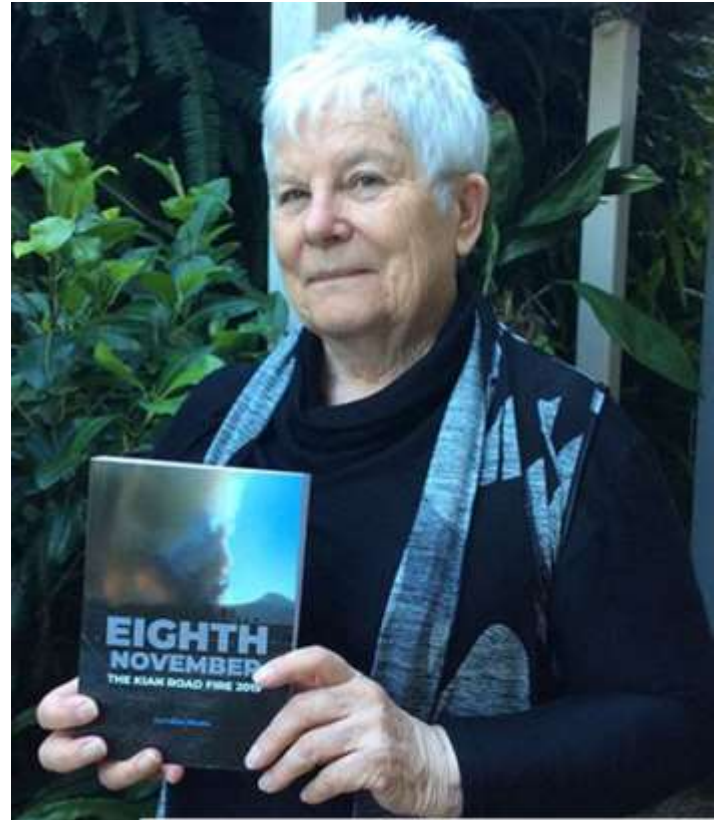
Eighth November - The Kian Road Fire 2019

By Carrolline Rhodes

In commissioning Carrolline Rhodes to write this account, it was never Nambucca Valley Council's intent to hold its own Royal Commission. That is not our role. Carrolline was asked to capture the lived experience of the community and she has done just that.

By the time you have read this account you will have laughed as well as cried. You will have some appreciation of the fear, anger, frustration, bitterness, remorse, despair, love, compassion and gratitude felt by all who came face to face with Hell on 8 November 2019. You will have an understanding of the risk and danger of fire that you'll never find in a glossy brochure of a television commercial.

Not everyone was able to talk about their experience. For those who did it was difficult, but we hope it has helped in their healing process. I know that Carrolline felt humbled and honoured that people were prepared to share their story but it must have at times been difficult to listen to their pain.



Author Carrolline Rhodes pictured at the launch of her book Eighth November - The Kian Road Fire 2019

I've been asked, "Which is the greater risk to the Nambucca Valley, fire or flood?" It's neither. Our greatest risk is complacency. If there is one lesson we should take from the Kian Road Fire it is that in a catastrophic event you cannot expect that there will be enough firefighters and tankers to help

Continued on Page 29

BOOK NOOK NOTICE

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

Now at the BTC A DVD Library

Operating on the same basis as our very popular Book Nook, ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.
A limit of 2 DVDs per borrower.

CHRONIC WOUND AWARENESS

Treating people with Chronic Wounds

Stress and anxiety about chronic wounds

Whether in hospital or at home patients are likely to feel distressed about their chronic wound. They often suffer embarrassment because of the odour or drainage from the wound. Contact with family and friends often decreases leaving many feeling alone and isolated. Health care professionals should not underestimate how important a partner they can be in their patient's care and recovery. By acknowledging their patients' discomfort and stigma they can help to explore options for emotional and psychological support.

Pain and chronic wounds

Chronic wounds can be extremely painful leading to slower healing. In addition to constant background pain treatment often hurts and many patients report anticipatory pain before treatment even commences. While healthcare professionals understand managing and reducing pain is important to healing conversations and assessment of pain and analgesia should continue until treatment ends.

Financial impact of chronic wounds

The cost of dressings and treatment is unaffordable for some people especially those on fixed incomes and pensions. In addition to the emotional stress not receiving the most appropriate wound treatment means healing can be delayed.

Rather than avoiding a conversation about finances health professionals can discuss treatment options and help patients to understand the impact of treatment on healing time. If they understand some treatments can deliver faster healing and prevent longer term costs patients may feel more in control of their health decisions.

A team approach to chronic wound care

Some wounds require specialist care from more than one type of health professional. For example, a diabetic ulcer might require input from a specialist doctor or GP as well as a wound care nurse, a podiatrist or diabetes educator. Health care professionals should explain the reason for involvement of each team member to their patient.

Delivering clear and trustworthy advice will improve relationships with patients and their health outcomes.

For more information on Wounds Australia, its resources and Wound Awareness Week 2020, visit www.woundsaustralia.com.au

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



At Bowraville Pharmacy we can assist you to choose the correct MEDSTOCK wound dressing for your situation.

Medstock supports healthcare professionals across Australia in their daily efforts to improve the lives of patients.

Medstock support the healthcare community through a new approach to wound care; convenient and low cost products at a reasonable price.

Medstock's innovative and high performing products have earned the trust of many Australian doctors, nurses and clinicians.

Medstock is dedicated to finding better ways to bring the most advanced, effective and convenient wound care technology to patients and physicians.



Medstock embraces and promotes the following values:

- Quality: we proudly stand behind the quality of our products.
- Knowledge: we strive to keep updated with the latest technology.
- Service: we will provide the best possible customer service.
- Trust: our customers can trust our products because we act with integrity and do what is right.

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



NAIDOC EXHIBITION

Saltwater Freshwater Arts are very happy to announce our **NAIDOC Exhibition** made possible through support from Aboriginal Affairs NSW and the Nambucca Valley Phoenix Ltd.

Open to the public from
Tuesday 6th July until
Saturday 31st July 2021
at

Nambucca Valley Phoenix Ltd
Bank Gallery and Café
at 88 High Street, Bowraville.
Call Phoenix for times 65010021

Showcasing Gumbaynggirr artists from the Bowraville and surrounding area with a selection of artworks from the Saltwater Freshwater collection.

Come along and visit the gallery and have a cuppa at the cafe!

FOUNDATION FOR RURAL & REGIONAL RENEWAL (FRRR)

FRRR is not-for-profit organisation that connects common purposes and funding from government, business and philanthropy with the genuine local needs of rural people and places.

The Nambucca Valley has received much support from FRRR.

With funds provided through FRRR Investing in *Rural Futures Fund*, the “Waluurr Ngambagagundi – Hand in Hand” steering committee has recently appointed a very energetic Alison Buckley as Project Officer to manage the setting up of a Virtual Community Hub for Not-For-Profit Organisations in the Nambucca Valley. Watch this space for more info.

Nambucca Valley Phoenix Ltd received a \$25,000 grant from FRRR’s *Strengthening Rural Communities Program*. The funds will help Phoenix to reopen The Phoenix Depot! A great community hub offering opportunities to learn, earn and create while enjoying the benefits of community.

The Depot will offer opportunities in wood & metal work, up cycling furniture and a nursery. For further information call 6501 0021, email info@nvp.org.au or find them on Facebook [@NambuccaValleyPhoenix](https://www.facebook.com/NambuccaValleyPhoenix)

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Damien Robbins

Secretary:
Mark Scott



7/11



Email:

bowraville@lionsdistrict201N1.org.au

PO Box 23 Bowraville NSW 2449

BOWRAVILLE DENTAL SURGERY

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“Your local dentist”

Caring for YOUR dental wants and needs.

No hard sell.

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BOWRAVILLE

6564-7246

Update - Bowraville's Intergenerational Multipurpose Sport & Recreational Hub Development

Construction of the Nambucca Valley's new Sporting, Recreation and Wellbeing precinct is about to step up a gear. While the winter months have slowed the growing opportunity of the new golf greens established by Greg Smith Irrigation, this hasn't steadied the voluntary golf course design crew led by Peter Reibel, who have been working feverishly shifting sand, soil and fill delivered by Blue Dog Earthmoving and Fortade. WLF Carpentry has started work on the golf tees furniture. The new look course and brand new greens will return 'Royal Bowra' to a golf enthusiast's destination.

Leading on from the golf project to be delivered by Nambucca Valley Connected Sharing Sport Throughout the Region Inc. will be the earthworks, which will see the heavy machinery of Howle TJ Excavations in partnership with AJ Civil Projects to cut and fill the site for the 'state of the art' Hub & Undercover Bowling Green. The radiata pines have been removed by Steve Grant Tree Services and TFH Hire Services have fenced the site. The design plans first formulated for Development Approval by GHD were enriched by EJE Architecture for the tender process to the point where the 'design and construct' contract developed by Project Manager, Tetra Tech Coffey is about to be signed off to Lahey Constructions. So shortly the sporting precinct at Bowraville will be a hive of activity for at least the next 6 months.

This massive project which has been many years in the making and now to be on the cusp of delivery, with a dated budget set back in 2016, has been a challenge. The immense amount of goodwill from the business and general community has been overwhelming and allowed the project team to maintain the original scope.

For more info on the project please contact one of the executive members of the group, Mary Dal Santo, David Taylor, Paul Le Cerf, Perry McNally or Craig Doolan.

BOWRAVILLE PHARMACY

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

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

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

Pharmacist
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5/11

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

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

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

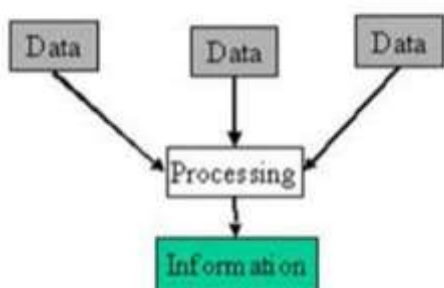
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What's the difference . . . between Data and Information?



Data and information are similar concepts but they are not the same thing. The main difference between data and information is that data are a part and information is the whole. See how data and information differ through definitions and examples.

Information is created from data



What is Data?

The term data is simply defined as ‘facts and figures’. Each piece of data is a little fact that doesn’t mean much on its own. The word data can be used for a singular fact or a collection of facts. It comes from the Latin word datum, meaning “something given”.

The word datum is still the technically correct singular form of data but is rarely used in common language.

What Is Information?

Information is defined simply as ‘news or knowledge received or given’. It is what results when you have processed, interpreted and organised facts. The word comes from the Latin word *īnfōrmātiō*, meaning ‘formation or conception’.

Main Differences between Data and Information

The terms data and information can mean different things in different contexts but the main differences between them are:

- Data is a collection of facts. Information is how you understand those facts in context.
- Data is unorganized while information is structured or organised.
- Information is an uncountable noun while data is a mass noun.
- The word information is used with a singular verb while data is used with a plural verb.
- Data is not typically useful on its own but information is.
- Data generally includes the raw forms of numbers, statements and characters. Information doesn’t have to.
- Information depends on data.

Continued on Page 22

CHOOSE TO REFUSE

SINGLE-USE PLASTIC
PLASTICFREEJULY.ORG

Communities around the globe are concerned about plastic ending up in landfill and polluting the oceans ... that's why hundreds of millions of people worldwide are choosing to be part of Plastic Free July



Yes, I will join
the challenge!

Will you join the challenge?

Please join our effort to help the environment. Choose to refuse single-use plastic during July.

1. Visit our website

▣ plasticfreejuly.org

2. Choose what you will do

- ▣ Avoid single-use plastic packaging
- ▣ Target the takeaway items that could end up in the ocean
- ▣ Go completely plastic free

3. Choose the length

● 1 day ● 1 week ● 1 month ● Always

AVOID WASTE, PROTECT THE OCEAN, SIGN UP AND BE PART OF THE SOLUTION. PLASTICFREEJULY.ORG



Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation
ABN:19746606729

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

Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,
 Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au Email: admin@nbgs.com.au



CHSP & NRCF
(In the Nambucca Valley)

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

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met. it's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

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

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

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

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

- Build confidence to achieve your goals
- Develop your existing support networks and create new networks
- Look at ways you can participate and be a part of your community.



Black Bird Bushfire Recovery Network

The Black Bird Creative Bushfire Recovery Exhibition at the Matilda Galleries in Macksville is a great example of collective art practises used to bring a community together after a disaster and to build resilience in that community through creativity.

Artist Nancy Sposato had wanted to make art around climate change when the black spring and black summer bushfires raged through Nambucca in 2019. She connected with Art Therapist Marg Coutts and the Black Bird Creative Bushfire Recovery Project began to find a role for the arts to improve wellbeing in the community after a disaster. Nancy received a NSW Regional Arts Grant to fund the first Black Bird Creative Recovery Workshop at South Arm. Acknowledging the value of the work in building resilience and emotional recovery Nambucca Valley Council then commissioned two more workshops.

These workshops became a safe place to express and process the emotional impact of living through the fires. They allowed participants to make meaning without the necessity of relying on rational language. In creative expression feelings can be met and tendered without relying on rational language and without pressure or agendas.

The opening night was another opportunity to gather. The night included a First Nations welcome and healing ceremony. There were elements of song, of spirit, of community and then a sharing of a lush bush platter. It was also a gentle reminder to the wider community that recovery is a long process.

A recent announcement of further funding will support the roll out of a further three workshops in the Nambucca Valley plus Arts Mid North Coast has now partnered with the Creative Recovery Network to roll out a training program in Creative Recovery for artists and emergency responders who may be interested in the aim of building resilience to disaster through creativity.

Black Bird Creative Recovery Project Exhibition runs until 16th July at Matilda Street Gallery, 26 Matilda St, Macksville

Enquiries: blackbirdrecoveryproject@gmail.com

To hear about future workshops follow [@black_bird_creative_recovery](#) on Facebook and/or Instagram

To keep up to date with registrations for the upcoming Arts Mid North Coast training programs subscribe to the following mailing list: <http://eepurl.com/hzjkTT>

- *Susan Jenvey and Nancy Sposato*



*Norco Rural
has a full range
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as well as the form and contents
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SEEDS

POTTING MIXES

COMPOST

FERTILISERS

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CONDITIONERS**

MULCHES

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of well known brands.

Make a Lasagna Garden



Sheet composting - also referred to as lasagna gardening - is an age-old technique often used to enlarge a perennial border or convert part of a lawn into a vegetable patch. In urban gardens faced with poor or contaminated soil, it's also a great way to fill a raised bed with a healthy growing medium for edibles. Heavy feeders like tomatoes and peppers will love this nutrient-rich garden. Autumn, with its abundance of fallen leaves (a key ingredient) is a good time to begin. Here's how to do it.

Build the frame

You can vary the dimensions to fit your space, but a four-by-eight-foot bed, two to three feet high, is typically a good size. If a soil test reveals lead or other contaminants, lay down a layer of landscape fabric to prevent roots from growing into the contaminated soil while allowing air and water flow. Be sure to use non-pressure-treated lumber.

Lay down your base

Begin with a layer of cardboard on the bottom of the bed, which will break down very slowly as it smothers weeds and soaks up moisture. Chop up some twigs, small branches, or hedge trimmings into one-inch pieces and layer them four inches thick over the cardboard—this will provide good drainage for the bed. Add an eight-inch layer of fallen leaves or straw, and then water your bed.

Continue adding layers

Next, lay down two inches of well-rotted manure or compost. Then add about four inches of grass clippings or other yard

Continued on Page 20



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

7/11

Black Bird Creative Recovery Project Exhibition - running until the 16th July at Matilda Street Gallery, 26 Matilda St, Macksville. The Black Bird Creative Bushfire Recovery Exhibition at the Matilda Galleries in Macksville is a great example of collective art practises used to bring a community together after disaster, and to build resilience in that community through creativity. Enquiries: blackbirdrecoveryproject@gmail.com

NAICOD Exhibition - Open to the public from Tuesday 6th July until Saturday 31st July 2021 at Nambucca Valley Phoenix Ltd. Bank Gallery and Café at 88 High Street, Bowraville. Call Phoenix for times 65010021 Showcasing Gumbaynggirr artists from the Bowraville and surrounding area with a selection of artworks from the Saltwater Freshwater collection. Come along and visit the gallery and have a cuppa at the cafe!

2NVR Studio 3 - on the 3rd Friday of each month you can enjoy some of the regions most talented artists while we broadcast live to air. This month, on Friday 16 July from 6-8 pm, you can see and hear the amazing Kailey Pallas and her blend of Soulful, Bluesy tones with the range and experience to go between Pop, Jazz, Country, Musical Theatre, Rock and Soul.

33rd Sawtell Art Exhibition - Two hundred art works will be on display from the Nambucca Valley and beyond . The exhibition opens to the public on Sunday 26th June and runs until Sunday 25th July .Gallery hours are 11 am to 3 pm every day except Monday. Admission is by coin donation. Location: corner of Lyons and Bayldon Roads Sawtell.

University of the Third Age (U3A) OPEN DAY - on 28th of July at Macksville Ex-Services Club. Come along, meet the tutors and sign up for the many interesting and enjoyable courses.

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Victoria Cross in WW2.

The museum houses a fantastic
collection of military memorabilia and
artefacts including uniforms, medals,
weapons, vehicles and much more.

This museum is a 'must see'.

Open Monday - Friday 10am to 3pm
Saturday & Sunday 10am - 12 noon
or by appointment.

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au

5/11

~ GARDENS & GARDENING ~

From Page 18

waste, mixed with salad greens and coffee grounds. (Avoid adding other kitchen scraps, as these might attract rodents and other animals.) Cover this with a fluffy, eight-inch layer of leaves or straw. Then start all over again, layering brown materials, compost, and greens, until your bed is full. Water once more and leave it to decompose over the winter.

Prepare for planting

When spring is near, you'll notice that the bed will have shrunk in bulk; simply add more materials to fill it up again. Come planting time, add a six-inch layer of soil and plant your garden. A little organic fertilizer like blood meal or fish emulsion will give it a jump start. Water deeply.

Do it again!

By the time you've harvested the last of your vegetables, most organic matter will have decomposed, lowering the level significantly. To prepare your garden for the following year, begin the process over again, omitting only the cardboard base.

www.bbg.org

BOWRAVILLE COMMUNITY GROUP NEWS

Continued from page 8

the old 7th green to cover some of the new ones. Most of this is done by voluntary labour with Peter Reichel in charge of machinery. Pennants have finished for the bowlers but golf continues. Triples bowls should be concluded in June with Pairs to follow. Thursday women golfers have the pleasure of hitting off the front tees but big hitters on Saturday may have to use back tees. The Club is hosting a Christmas in July event. For more details phone 6564-7349. Members are reminded that fees are due in June with a month's grace.

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 ~

5/11

FOOD HUB

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**St James'
Church
Hall**



St James' Anglican Church - Bowraville

**Friday, Saturday
and Monday
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Everyone welcome

N/C

INTERNATIONAL DATES IN JULY

July 4-11th National Aborigines and Islanders Day Committee (NAIDOC) - A celebration of Aboriginal and Torres Strait Islander history, culture and achievements. A time to recognise the contributions that Indigenous Australians make to our country and our society.

July 7th World Chocolate Day - A celebration of chocolate on the day, some suggest, was the day chocolate was introduced to Europe in 1550.

July 11th World Population Day aims to increase awareness of population issues such as the importance of family planning, gender equality, poverty, maternal health and human rights.

July 18th Nelson Mandela International Day celebrates the idea that each individual has the power to transform the world and the ability to make an impact.

July 26th International Day for the Conservation of the Mangrove Ecosystem aims to raise awareness of the importance of mangrove ecosystems as "a unique, special and vulnerable ecosystem" and to promote solutions for their sustainable management.

July 29th International Tiger Day The goal of the day is to promote a global system for protecting the natural habitats of tigers and awareness and support for tiger conservation issues.

July 30th International Day of Friendship is to encourage the bonds of friendship between people of different cultures, countries, and backgrounds. It is a day for "human solidarity", meant to undermine the root causes of violence and division in our world.

July 30th World Day against Trafficking in Persons - People trafficking and modern day slavery is a massive worldwide problem. Thousands of men, women and children end up in the hands of traffickers every year. There are many ways that people get caught up in trafficking, but the result is the same, they lose their rights and identity and are used and abused, and it is a global problem, an industry not far behind drugs and arms in terms of profit for traffickers.



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11/11

Bank@Post is an agency service provided by Australia Post on behalf of over 70 financial institutions. Bank@Post is available at participating Post Offices. Services available are cash withdrawals, deposits and balance enquiries.

What's the difference . . . between Data and Information?

- from page 14



Data vs. Information in Computers

In the world of computers data is the input or what you tell the computer to do or save. Information is the output or how the computer interprets your data and shows you the requested action or directive.

Data vs. Information in Statistics

In the world of statistics, data is still defined as raw information, but the term statistics is often used in place of information. The statistics interpret and summarize the data.

Examples of data and information

The following is an example of raw data, and how that data can be assembled into information.

Example of Data

```
UT, 1234, Joe, Circle, SLC, 8015553211, 84084, Smith
```

In this example the original data appears to be a set of random words and numbers separated by commas.

Example of Information

```
Joe Smith  
1234 Circle  
Salt Lake City, UT 84084  
(801) 555-3211
```

In this information the original data was interpreted, organised, and formatted according to predefined parameters. Now the meaning of the data is clear: it is the contact information for a person named Joe Smith.

Note 1: The words 'format' and 'information' are closely related. 'Formatted data' is data 'in a form.' Its values are arranged to conform to a predefined structure or shape. It is 'in formation'.

Note 2: Data typically comes before information but it's hard to say which is more useful. For example, if the information was processed or organised in a biased manner or incorrectly it's not useful but the data still is.

- www.computerhope.com

Mindful morning rituals to kick-start your day

Weaving simple rituals into your daily life can improve your overall wellbeing and enhance the way you look, feel and function each day.

Daily rituals, like making time for a cup of tea in the garden every morning are the foundations to a life well lived. Rituals offer you a moment to do something you love and time to give back to yourself and help to deepen the feelings of joy and fulfilment. Here are a few morning practices that you could weave into your daily routine to help you feel and function at your best.



Meditation

While there will always be some degree of stress in life, incorporating effective stress management techniques will greatly improve your quality of life and lessen the effect stress can have on your health. Research has shown that meditation can reduce the negative effects of psychological stress, anxiety, depression and pain.

Meditation has been shown to have a positive effect on the impact of the ageing process and neurodegenerative diseases by improving one's attention, memory, verbal fluency and cognitive flexibility. There is no such thing as a perfect meditator, so don't worry if you feel like you can't quiet your busy mind; your body will still reap the benefits of creating the space to sit and breathe deeply each day.

Move your body

It is no surprise that moving your body regularly is good for your health and happiness, but did you know that it can also encourage bright, clear skin and possibly reverse ageing? Exercise encourages the circulation of blood around the body, which carries oxygen and nutrients to working cells in the skin and helps carry away waste products, including free radicals, which have been shown to cause premature ageing. Aim to move your body four times a week for 45 minutes, balancing both restorative and strengthening practices such as yoga, tai chi, swimming, walking, dancing, boxing and jogging.

Stay hydrated

Water is essential to life, and one of the best routines to implement upon waking is rehydrating your body. Humans are made up of 50 to 65 per cent water, so it is no surprise that adequate water intake is fundamental for normal functioning of every cell, tissue and organ in the body. Memory, concentration, mood and energy levels all decrease with even mild dehydration and research has shown that people who drink adequate water have improved skin structure and function compared to those who are dehydrated.

It is recommended that the average adult female drink around 2 litres (8 cups) and the average adult male 2.6 litres (10 cups) per day and more when exercising. Fill a 1-litre water bottle and drink half before your morning cup of tea or coffee. Now you only have 1.5 more litres to drink throughout the day for your body and brain to be able to function more efficiently.

Continued on Page 30

Leave that Bubble Wrap Intact!

Everyone's favourite packing material can help solve a surprising number of everyday problems!



The only thing that beats the feeling of unwrapping a protective layer of bubble wrap to reveal what's inside is popping a few of the bubbles afterward! But while we already love bubble wrap as a packing material and as a fun form of stress relief, the following tips will give you even more reason to love and appreciate bubble wrap.

Along with protecting valuables in storage or in the mail, you can use bubble wrap in a number of other ways that you may have never even considered!

Practical Uses for Bubble Wrap

Protect Your Produce

Protect your fresh produce by cutting a piece of bubble wrap to fit snugly inside the produce drawer in your fridge. Once the bubble wrap is in position, place your fruits and veggies in the produce drawer.

The bubble wrap will help prevent the produce from rolling around when you open and close the drawer. And fewer bumps in the drawer means fewer bruises!

Continued on Page 28

**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

5/11

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

St Jimmy's Kitchen
Wednesday 14th July
at 5.30pm.

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

5/11

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



If variety is the spice of life we at 105.9 FM Nambucca Valley Radio are very, very spicy indeed. With over 30 different presenters hitting the airwaves each week we have just about every genre of music and interest covered and our volunteer presenters are on air for the love of it! Perhaps you would like to try your hand at being a presenter or getting involved behind the scenes of community radio? We provide quality training for presenters so by the time you take to the airwaves you are good to go! If this is you please contact Nuke on 0408 696 184. We are also on the search for volunteers to help with office admin, grant writing and ground maintenance. Experience would be preferred, please call 0419 707 874.



Why don't you come out to Tewinga to see for yourself as a part of our audience for Studio 3 on the 3rd Friday of each month. Studio 3 is free of charge and you can enjoy some of the regions most talented artists while we broadcast live to air. This month, on Friday 16 July from 6-8 pm, you can see and hear the amazing Kailey Pallas. Kailey is a 20 year old Singer, Songwriter & Musician from Coffs Harbour. Kailey's sounds are a blend of Soulful Bluesy tones and she has the ability, range and experience to go between a mix of Genres from Pop, Jazz, Country, Musical Theatre, Rock and Soul.

Even if you can't make the Studio 3 gig in person you can listen by tuning in on 105.9 FM or stream live by going to www.2NVR.org.au. In fact you can stream us any time from our website. Please also visit us on Facebook to keep to date with what is happening on 2NVR.

To Market, to market . . .

Nambucca Plaza Lions Market- 2nd Sunday every month.

Nambucca Plaza, Nambucca Heads 6 a.m. to 1 p.m. Enquiries 6568 5447

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

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

Bowra Country Markets - 2nd Saturday every month Pioneer

Community Centre. Relax and enjoy our café and browse our local stalls 70 High Street Bowraville 9 a.m. to 1 pm Enquiries 0401481501 Stalls are available.

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

Bellingen Growers Market is held from 7.30 to 11.30 a.m. at the Bellingen Showground every Saturday except the third Saturday of the month.

BitCoin's energy consumption raises climate concerns

Continued from Page 6

is designed so that the fewer bitcoins left to be released, the more complicated the problems become. Now that 18.5 million bitcoins have been mined, an average computer cannot handle the calculations.

As the price rises, more people are motivated to get in on the action.

People want to get that revenue and that's what's going to encourage them to introduce more and more powerful machines in order to guess this random number and therefore you will see an increase in energy consumption."

The University of Cambridge Centre for Alternative Finance (CCAF), which runs the bitcoin electricity use index calculates that bitcoin now uses 129.22 terawatt hours of electricity a year, according to its most recent update.

This doesn't necessarily mean that mining bitcoin is increasing greenhouse gas emissions. Bitcoin proponents say that the mining can be powered using renewable energy sources. However, the mining process does motivate miners to seek out cheap energy sources.

"The more machines a miner operates, the more likely he is to find the solution to the puzzle," the CCAF explained. "However, more machines also means that more electricity is needed to run and cool the equipment, which in turn results in higher costs for the miner in question. Miners are thus always searching for abundant electricity sources at the lowest possible price."

Seeking the cheapest electricity source may mean coal in many places. More bitcoin is mined in China than in any other country and about two-thirds of its



electricity still comes from coal.

The CCAF said it does not yet have the data to determine the cryptocurrency's carbon footprint, since this would require accurate assessments of the energy mix behind mining. However, it pointed out that even if all bitcoin mining was powered by coal, an unlikely scenario, it would still only account for 0.17 percent of the world's total greenhouse gas emissions. That doesn't mean bitcoin's growth isn't a concern for the attempts to combat the climate crisis, however.

There are valid concerns that Bitcoin's growing electricity consumption may pose a threat to achieving the United Nations Sustainable Development Goals in the future.

That threat increases the more bitcoin gains in popularity. Bitcoin expert and Digiconomist founder Alex de Vries told BBC News what would happen if bitcoin were adapted as a global reserve currency.

"The Bitcoin price will probably be in the millions, and those miners will have more money than the entire US Federal budget to spend on electricity. We'd have to double our global energy production," he said. "For Bitcoin."

- www.ecowatch.com

BOWRAVILLE CENTRAL SCHOOL

JULY 2021

Students from Bowraville Preschool, St Marys Primary School and Tallowood Steiner School joined us and members of our wider community for a combined NAIDOC celebration. The smoking ceremony and flag raising was followed by fabulous student performances in the gym. A surprise guest, professional sports person, Anthony Mundine addressed the crowd encouraging students to go for their dreams and be the best they can be. Anthony then generously had individual photos taken with just about everyone in attendance.

A delicious breakfast prepared by local organisations was enjoyed by all. The BEC hospitality students prepared and served barista made coffee. What a wonderful community we have.



Leave that Bubble Wrap Intact! - from page 24

Make an Insulated Grocery Tote

Instead of buying a fancy insulated bag to keep your groceries cold on the way home from the store you can DIY one using bubble wrap! Just line the inside of one of your reusable shopping bags with bubble wrap and the bubbles will help insulate your groceries so they don't melt before you can bring them inside. (Bonus: You can also use your insulated tote to keep hot foods warm!)

Insulate Drafty Windows

Feeling chilly due to drafty windows? You can insulate those windows to keep your house warmer with just some bubble wrap and a bit of water. Measure the dimensions of your window, and cut enough pieces of bubble wrap to cover the window. Take your spray bottle and spray the surface of your window, using the *mist* setting, if the bottle has one. Press the flat side of the bubble wrap up against the window. The water should keep the bubble wrap adhered to the glass.

Cushion Uncomfortable Handles

The handles on buckets, crutches, brooms and other items can be uncomfortable to hold for long periods of time but you can cushion troublesome handles to make them easier to hold by wrapping a piece of bubble wrap around them and securing it with a couple of rubber bands.

Protect Your Knees in the Garden

A few hours of working out in the yard or garden can be really tough on the knees! But you can make it easier on them by fashioning some knee pads out of bubble wrap.

Use a few pieces of bubble wrap and some tape to fastening "bubble patches" onto the knees of your pants. Whether you're kneeling on concrete or grass the bubble wrap will protect your knees.

Silence and Protect Storage Boxes

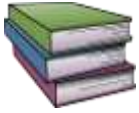
Whether it's a tool box or a storage box of craft supplies, the box itself can get pretty banged up if there are heavy or sharp objects inside. And not to mention the racket it probably makes when you're moving it from place to place!

But you can protect hard cases and tool boxes by lining their interior with bubble wrap. Not only will this protect the box and the contents inside it, but it'll make it much less noisy too!

Keep Your Plants Warm

Another useful way to take advantage of bubble wrap's insulating qualities is for keeping your plants warm during a cold snap. If there's a cold front approaching, wrap your pots up with bubble wrap to keep them warm - or wrap bubble wrap around a plant frame and set it over plants in your garden. Your plants will thank you!

- www.onegoodthingbyjillee.com



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Continued from Page 9

Eighth November - The Kian Road Fire 2019

By Carrolline Rhodes

everyone. The level of devastation next time, and mark my words there will be a next time, depend on how well we learn the lessons of the 8 November.

Ours is a community that squabbles over the little things but we stand as one when our community is under threat.

That was never more evident than in the community response to the Kian Road Fire. Even though the media, politicians and the general population have moved on, I am still asked by local residents “How are they doing?”

It is Council’s hope that this narrative will serve as a record of the courage, compassion and resilience of the Nambucca Valley in the face of the worst natural disaster in our recorded history.

The lives of our fire survivors have changed for ever. There is no going back but it’s our fervent hope that there will come a time when they can look forward with hope and optimism.

Extract from the Forward to Eighth November – The Kian Road Fire 2019 - by Rhonda Hoban, OAM, Mayor.



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Feel like . . .

a coffee and a treat in a relaxing atmosphere among friendly people?



The back deck at the Bowra Community Centre could be just the place.

It's open each Saturday
from 9am to 1pm for delicious treats and hot drinks.

A great place to meet & relax.

Mindful morning rituals - *from pg 23*

Enjoy a nutrient-rich breakfast

There's no doubt you have heard the saying "breakfast is the most important meal of the day", and it is for good reason. Extensive research shows that enjoying a nutrient-rich breakfast can set you up for a more productive day and improve your overall health and wellbeing by ensuring you are hitting your daily nutrient intake. Several large prospective studies support the association between breakfast consumption and a lower risk of obesity and weight gain. It has also been shown that breakfast intake is frequently related to mental alertness, increased concentration and cognitive performance making breakfast especially important for children and adolescents who are learning at rapid rates.

Not everyone is a morning person, but if you can set your alarm for an hour earlier and squeeze in one of the above suggestions, your mind and body will thank you for it.

- www.wellbeing.com.au

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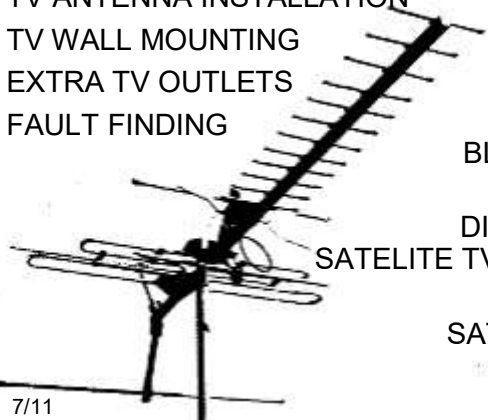
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-/6



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2021

Studio 3 Live on the 3rd Friday of each month



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Music Mix EnmaG returns next season	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	2NVR Music Mix Gold at Breakfast Deyna Gold Wake up with Deyna, it's gold.	Under The Stinging Tree Poppe All music, news, info...	The Big Breakfast With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend!	Here Be Dragons Nuke or Elizabeth No-fear fire and ice music	Beat the RETREAT Sean & Pele All the beats and all the drum	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	2NVR Music Mix	Isn't It Romantic With Dallas Dent Crooners Easy Listening	Tones of Clairseense Claire Watt-Powell	Talk Of The Town Winter host: DJ Macca See what's going down! All things local	Hair Of The Dog Mick Brittes Originals, covers, wildlife, wine and wisdom	Sunday Morning Music With Phil	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Omega & Ron Hawkins	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will!	Flashback With Rob Davidson	Phase Out With Faye Faye Aspects	8 AM
9 AM	The Weekley Fix Paul Weekley	Rowing with Linda Bible reflections, Gospel & Australiana	Just For You Cecilia J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR International Radio	ETP Valley Views & Voices With Elizabeth Newman	Dhirendra The Time Traveller Sounds from all over the place.	Garage Noise With Sean Ambrose	Lots of Aussie music old and new	9 AM
10 AM	Dyer's Loop The Dyers Music to dye for, of course	Rock On With Jimmy & the Bluebirds	MC Grim Mark Seagrims Music with a wicked difference	Stevo's Tracks With Steven	Wind Down for the Weekend Su & The Crew	Saturday Roundup With Rachel Burns	Praise, Prayer & Pop With Michelle	10 AM
11 AM	Hinterland With Ben Walters	Sister Act Olivia & Sam	Tune in with Alex 2NVR Youth Radio	Thursday Country Trackin'	Rhino On The Radio Eclectic, irreverent fun with more than a dash of insanity	Two For The Money Paul and Rachel Burns	That's A Wrap Donna, Nigel, Mitch, Gary & Les	11 AM
Noon	Blowin' Beats With Grace 2NVR International Radio	Retro Birds Robyn Wren & Sally Swan Not out of the box radio entertainment	The AMRAP Music Show Ant's Rock Anthony Garmey Solid Rock	Nambucca Valley Roundup Retro	The Panic Room With the Voice of Panic Ear-chosen music!	Aussie Music Weekly With Noddy	Imagine This Radio drama	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the box! 2NVR International Radio	Blues Soul Funk Matt Leberard & friends Blues, soul, funk and lively interviews.	Ant's Rock Anthony Garmey Solid Rock	Highway Blues With Retro When Only The BEST BLUES Will Do	The Rhino Room With the Voice of Panic	2NVR Music Mix	Prog Rock Playlist Rhino	1 PM
2 PM	Music Makers With Yen Mixed music with featured artists	2NVR	Ant's Rock Anthony Garmey Solid Rock	Mitlife Daniel Gosson	Overnight Music Mix	Wolffy Wolffy's music & requests	The Best of Progressive Rock	2 PM
3 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmey Solid Rock	Overnight Music Mix Six hours of local content from the 2NVR archives 2002 to now	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	3 PM
4 PM			Ant's Rock Anthony Garmey Solid Rock					4 PM
5 PM			Ant's Rock Anthony Garmey Solid Rock					5 PM
6 PM			Ant's Rock Anthony Garmey Solid Rock					6 PM
7 PM			Ant's Rock Anthony Garmey Solid Rock					7 PM
8 PM			Ant's Rock Anthony Garmey Solid Rock					8 PM
9 PM			Ant's Rock Anthony Garmey Solid Rock					9 PM
10 PM			Ant's Rock Anthony Garmey Solid Rock					10 PM
11 PM			Ant's Rock Anthony Garmey Solid Rock					11 PM
Midnight			Ant's Rock Anthony Garmey Solid Rock					Midnight

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