

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

JUNE 2025 ~ ISSUE #240 ~ FREE ~ CIRCULATION 350 ~ POSTCODE 2449

Historical Bowraville

The Bowraville Dairy Company Ltd.
Butter Factories and Dairying



Opening of the Bowraville Dairy Society Butter and Bacon factory.

As you drive into Bowraville from Nambucca you may not be aware that the first house on the right, white with a fine garden near Lane's Bridge, was the original Bowraville Dairy Company Ltd Butter Factory which was opened on 13 April 1907. The Bowraville Dairy Company Ltd came into being, in part, because the Macksville based Nambucca Dairy Company Ltd, formed in 1903, failed to elect any Bowravillains to their board!

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**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

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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

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- 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 JULY 2025

ISSUE IS: 4:00PM

TUESDAY, 17th JUNE 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 3rd June 2025**
at the Bowra Hotel. *More on page 19.*

Radio Nambucca 2NVR - Studio 3 Live

Featuring *The Redeemed* on 20th June.

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.

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 info@nvp.org.au. Let's make it a night to remember!

Welcome to NEN: Nambucca Environment Network.

We are a passionate group of residents in the Nambucca Valley who are committed to preserving, advocating and protecting our local community and environment.

Our mission is to:

- * Raise awareness of current issues impacting locals and seek positive solutions,
- * Advocate for change to enhance and improve outcomes,
- * Communicate and collaborate with local council and different levels of government to ensure safety and health for all,
- * Educate members on sustainable farming practices that value human/environment health and uphold legal frameworks and policies.

Email: nambuccaenvironmentnetwork@gmail.com

SHINE A LIGHT

Exhibition and Open Workshop

7th to 18th July 2025

**Bowraville Community Hall
70 High Street, Bowraville**

More information about the
open Workshop and Exhibition times

at www.lightsculpture.com.au

and in the July Bowraville Community News.

Organised by Margrit Rickenbach: Mobil 0457159473



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 . . .***

POSITION VACANT

Job Title: Casual Administrative Assistant

Organisation: Bowraville Technology Centre **Location:** Bowraville, NSW

About Us: The Bowraville Technology Centre is a community-focused hub dedicated to providing access to technology, digital literacy training, and support services to the residents of Bowraville and the surrounding areas. We aim to bridge the digital divide and empower our community through technology. We are a Services Australia Agent and provide personal assistance with that service.

The Opportunity: We are seeking a highly organised and proactive Casual Administrative Assistant to join our small, friendly team of staff and volunteers. This role is crucial in ensuring the smooth day-to-day operations of the Centre, providing essential administrative support, and assisting with various community programs.

Key Responsibilities (may include, but are not limited to):

- Greeting visitors and clients, providing information, and directing enquiries.
- Answering phone calls and managing general correspondence (email, mail).
- Maintaining accurate records and databases.
- Assisting with scheduling appointments and managing bookings for Centre resources (e.g., Centrelink services, computers).
- Preparing documents and reports.
- Managing office supplies and inventory.
- Assisting with the promotion and coordination of workshops and events.
- Maintaining a tidy and welcoming office environment.
- Providing general administrative support to Centre staff as required.
- The ability to work with a diverse group of volunteers in a learning environment.
- Assistance to customers with IT related issues – phone, tablet, PC.

About You: To be successful in this role, you will possess:

- Proven experience in an administrative or office support role.
- Excellent communication skills, both written & verbal, with a friendly & professional phone manner.
- Good organisational & time management skills, with the ability to prioritise tasks effectively.
- Proficiency in Microsoft Office Suite (Word, Excel, Outlook).
- A keen eye for detail and accuracy.
- Ability to work independently and as part of a team.
- A proactive attitude and willingness to learn.
- A strong commitment to customer service and supporting the local community.
- Experience with basic social media platforms and content creation (desirable but not essential).

What We Offer:

- Casual employment with flexible hours.
- An opportunity to contribute to a vital community service.
- A supportive and friendly work environment.
- The chance to develop new skills and gain valuable experience in the not-for-profit sector.

Hours: This is a casual position, and hours will vary depending on the needs of the Centre. Initially the centre requires a person for one day (6 hours) a week. Flexibility to work extra shifts during Centre operating hours (9:30am to 4pm) Monday to Friday, is desirable.

To Apply: Please submit your resume and a cover letter outlining your relevant experience and why you are interested in this position to admin@bctc.com.au by 5:00 PM, Friday, 20th June 2025. If you require further information, please email admin@bctc.com.au with your contact details.

Please note: Only shortlisted candidates will be contacted for an interview.

Fire and Rain... *A concert by the Bowraville Theatre Singers*

Longtime BTS member Gary Rumble first proposed Fire and Rain as a theme for a concert back in 2023. His thought was that over the last little while we had seen the worst of both, so why not sing about it?

"We thought there was a chance to bring together not only songs about the destructive power of those forces, but also to recognise fire and rain as sources of life and comfort."

The choir first started rehearsing for this concert under previous director Lissa Argue. The concert has now come together under the BTS new director Paul Jarman, who has added his own special magic and passion.

One of the highlights of the concert will be our performance of a traditional Gumbaynggir song *Wuuban Barri*. This song was arranged in collaboration between Elder Micklo Jarrett and Musical Director Paul Jarman.

Other songs range widely from favourites such as "Fire and Rain" and "My Country" to more challenging pieces such as a song recorded by Ladysmith Black Mambazo.

What links this large and varied concert is the beautiful, challenging arrangements and the meticulous attention to detail under Paul's guidance.



**Two concerts will be held at Bowraville Theatre on
Saturday 31st of May and Sunday 1st of June at 2pm.
Tickets are \$20 at [tickethost.com.au](https://www.tickethost.com.au)**

We are a community choir of over 50 voices drawn together over the last 20 years by a love of singing. If you have a love of singing and are inspired by what you hear, after the concert we will be welcoming new members.

We meet weekly at the Nambucca Uniting Church Hall...find us on Facebook.

BOWRAVILLE GIFT SHOP



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

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

7/11

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
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KERRIE SAVINS**

7/11



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**

*“One kind
word
can warm
three winter
months”*

– Japanese Proverb

*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

Invasion of the Home Humanoid Robots

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

Dozens of companies are building robots that look like humans. One of them is training a machine to be a butler and will soon test them in homes.

On a recent morning, I knocked on the front door of a handsome two-story home in Redwood City, California. Within seconds, the door was opened by a faceless robot dressed in a beige bodysuit that clung tight to its trim waist and long legs.

This svelte humanoid greeted me with what seemed to be a Scandinavian accent, and I offered to shake hands. As our palms met, it said: “I have a firm grip.” When the home’s owner, a Norwegian engineer named Bernt Børnich, asked for some bottled water, the robot turned, walked into the kitchen and opened the refrigerator with one hand.

Artificial intelligence is already driving cars, writing essays and even writing computer code. Now, humanoids, machines built to look like humans and powered by A.I.,

are poised to move into our homes so they can help with the daily chores. Mr. Børnich is chief executive and founder of a start-up called 1X. Before the end of the year, his company hopes to put his robot, Neo, into more than 100 homes in Silicon Valley and elsewhere.

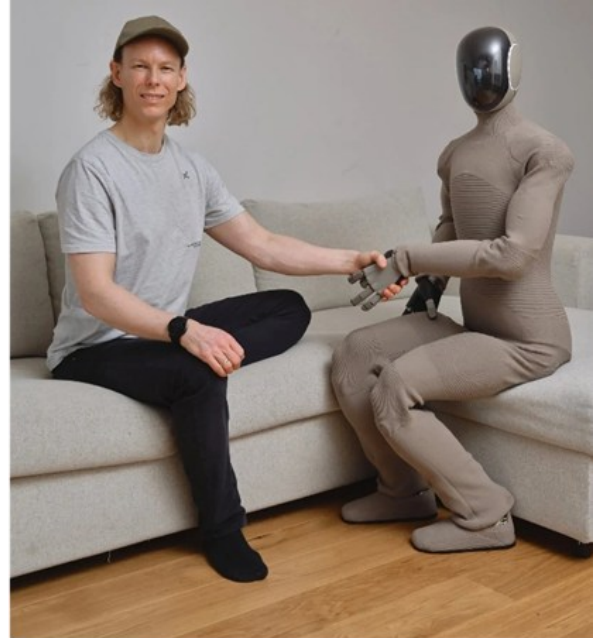
His start-up is among the dozens of companies planning to sell humanoids and get them into both homes and businesses.

Entrepreneurs like Mr. Børnich believe humanoids will one day do much of the physical work that is now handled by people, including household chores like wiping counters and emptying dishwashers, warehouse jobs like sorting packages and factory labour like building cars on an assembly line.

Simpler robots — small robotic arms and autonomous carts, for instance — have long shared the workload inside warehouses and factories. Now, companies are betting that machines can tackle a wider range of tasks by mimicking the ways that people walk, bend, twist, reach, grip and generally get things done.

Because homes, offices and warehouses are already built for humans, these companies argue, humanoids are better equipped to navigate the world than any other robot.

The push toward humanoid labour has been building for years,



The founder and chief executive of 1X, Bernt Børnich, and Neo, the company's newest humanoid model. Photo credit... David B. Torch for The New York Times.

Continued on Page 10

Historical Bowraville

Butter Factories and Dairying - *from the Front Page*

The Bowraville Dairy Company received cream (not milk) from the local dairy farmers and churned it into butter. The thin buttermilk created as a by-product was then fed to pigs; the front building was the bacon factory, alongside the buttery – the two businesses complimenting each other.

In 1909 it was reported that the buttery created 140,324 lbs (63,649 Kg) of first class and 2525 lbs (1145Kg) of second-class butter in the previous year!

A second factory was commissioned in 1914, soon followed by a bacon factory built as a part of the same complex in 1917 which operated until Midco established their abattoirs around 1940.

The butter was transported by barge to Nambucca Heads, then on to Sydney or England, where Bowraville's butter helped create foreign exchange credit!

That two dairy companies could find support in the one region is an indication of the extent of the industry in the Nambucca Valley in the late eighteen hundreds following initial settlement of the area by cedar getters.

It was no easy life for farmers. The land needed to be cleared of forest by hand and horse and initially planted with corn to feed both humans and livestock. Floods often destroyed crops leaving farmers and their families without food and in heavy debt.

Despite difficulties for dairy herds with the local conditions, the industry began to grow, and horse-driven cream separators began to be used on some farms. The introduction of paspalum grass, almost by accident at first, and then by intention after its ease of cultivation and suitability for the North Coast of NSW was discovered and became a driving factor for the rapid growth of the dairy industry at the turn of the century.

But change was coming and in 1950 Nestle built a milk collecting and chilling facility in Bowraville (now Norco); and the Bowraville and Macksville Dairy Companies united to form the Nambucca River Co-operative Society Ltd.

The butter factory diversified to produce bottled milk but lost the license to do this by 1971; the decrease in cream collection and butter production, and the loss of the English market when it joined the EU, made the business unviable.

In December 1973 the factory was sold to hide dealers, but this business ceased when Midco closed, and hides were no longer available. Several incarnations later it is now Bellamy and Sons.

Meanwhile the original butter factory became a rental property, sold in 1949 to Mr and Mrs Owens, who moved into town with their 6, soon to be 7, children. Mr Owens extended the house on all sides, putting on decks and stairs and changing the gabled roof into a flat one. It has not changed much in the last 30 years and is still part of the Owens family. Many older locals will remember Mr Owens as the local milko in the days when fresh milk was delivered to your doorstep at dawn every day, and his son Peter who operated the laundry/dry cleaners in Macksville.

- Information from Carrolline Rhodes published by Nambucca River Co-operative Society Ltd 2002 and
- namcoop.com.au/corporate/history/

Invasion of the Home Humanoid Robots - *from page 8*

fuelled by advances in both robotic hardware and AI technologies that allow robots to rapidly learn new skills. But these humanoids are still a bit of a mirage.

Internet videos have circulated for years showing the remarkable dexterity of these machines, but very often, they are remotely guided by humans. And simple tasks like loading the dishwasher are anything but simple for them.

Neo said “Hello” with a Scandinavian accent because it was operated by a Norwegian technician in the basement of Mr. Børnich’s home. The robot walked through the dining room and kitchen on its own. But the technician spoke for Neo and remotely guided its hands via a virtual reality headset and two wireless joysticks. Robots are still learning to navigate the world on their own. And they need a lot of help doing it. At least, for now.

I first visited 1X’s offices in Silicon Valley nearly a year ago. When a robot named Eve entered the room, opening and closing the door, I could not shake the feeling that this wide-eyed robot was really a person in costume.

Eve moved on wheels, not legs. And yet, it still felt human. I thought of “Sleeper,” the 1973 Woody Allen sci-fi comedy filled with robotic butlers.

The company’s engineers had already built Neo, but it hadn’t learned to walk. An early version hung on the wall of the company’s lab.

In 2022, Mr. Børnich logged onto a Zoom call with an AI researcher named Eric Jang - they had never met. Mr. Jang, now 30, worked in a robotics lab at Google’s Silicon Valley headquarters, and Mr. Børnich, now 42, ran a start-up in Norway called Halodi Robotics.

A would-be investor had asked Mr. Jang to gather some information on Halodi, to see if it was worth an investment. Mr. Børnich showed off the company’s humanoid, Eve. It was something he had dreamed of building since he was a teenager, inspired, like many roboticists, by science fiction (his personal favourite: the 1982 movie “Blade Runner”).

Mr. Jang was entranced by the way that Eve moved. “I saw a level of hardware that I did not think was possible,” Mr. Jang said. The would-be investor did not invest in Halodi. But Mr. Jang soon convinced Mr. Børnich to join forces.

Mr. Jang was part of a Google team teaching robots new skills using mathematical systems called neural networks, which allow robots to learn from



1X built another humanoid robot called Eve that moved on wheels.

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 ~

9/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

23/11

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

23/11

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

11/11

Nambucca Valley Landcare News

Nambucca Valley Landcare recently undertook a planting day at Bowralea Dairy with students from Tallowood Steiner School and ShoreTrack. We planted 500 plants along the riverbank, enhancing the riparian vegetation and connecting vegetation to enhance habitat linkages along the Nambucca River.



A start-up meeting for the new Nambucca Valley Growers and Producers Association (NVGPA) was held recently at Macksville Ex

-Services Club. The aim of the Association is to address the gap and opportunity identified in supporting and advocating for local growers and producers, including small scale and hobby farming activities which all have the potential to contribute to our local grower and produce economy. We need local growers and producers to come along and be involved in establishing the Association. Please get in touch via email or Facebook.

All are welcome, please RSVP nvgrowersproducersassociation@gmail.com

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



Hello Folks,

Here at 2nvr we have 4 new presenters on air thanks to training by Ion Newcombe and Elizabeth Newman.

The new shows are;

'33 Blues' - Wed 1-3pm presented by Lizzie

'On the Flipside' - Tues 7-9pm presented by Craig

'Robertson's Rollercoaster' - Fri 2-4pm presented by Tom

'Tracey's Eclectic Tunes' - Wed 6-8pm presented by Tracey.

Our monthly live music show, **'Studio 3 Live'** is held on the 3rd Friday of each month at 834 Rodeo Drive, Tewinga. You can listen on your radio or on the website.

Ceri has organised the following artists for our next shows;

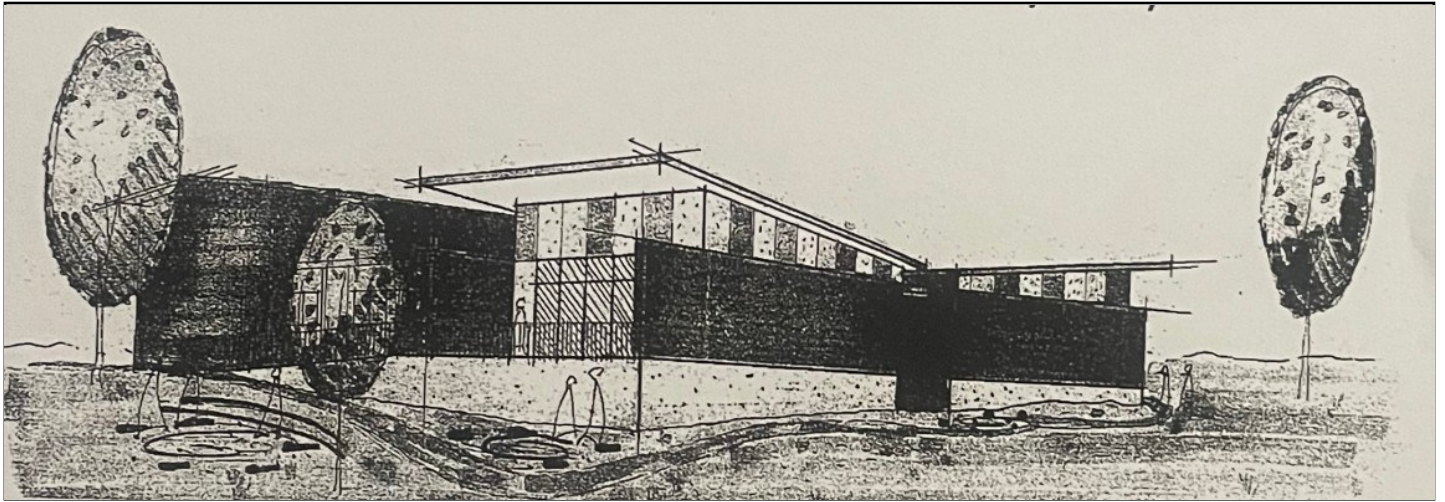
June 20th - *Micklo and Band* and on July 18th - *Thoughts and Prayers*.

Our monthly program is available on the backpage of this newsletter and at 2nvr.org.au

We hope you can join in the fun. - Luise

Proposed Bowraville Central School Gumbaynggirr Cultural Space

Architect's DRAFT SKETCH DESIGN (1 May 2025)



View from corner of Young and High Street Bowraville

The idea of a Gumbaynggirr Cultural Space has been a long-held dream of Bowraville Central School staff for many years and, it is hoped, may even be completed by the end of 2026.

The tentative sketch plans were presented to community members for feedback on 20 May by the architect, builder and school staff. Invitation to the meeting was open to all, and parents, other Bowraville schools and not-for-profit organisations attended.

This addition will be at the NE corner of the school grounds and will present an interesting visual to the entrance to town.

It has been designed to complement rather than overwhelm Bowraville's heritage streetscape.

Essentially it will be two pavilions with a covered space between. The larger, north facing area is about 80m² of essentially open space and it can be opened fully to the existing adjacent library. The smaller pavilion has several functional spaces for amenities, meetings and administration.

We need to use the ATM at the front of the Bowra Technology Centre

BCU customers can do FEE FREE withdrawals on the generic ATM supplied by Armaguard. In addition a range of other banks have fee free transactions on the machine. These include Westpac and ANZ.

The continued availability of this service is dependent on the level of usage and will be removed by Armaguard if usage drops below commercially acceptable levels.

*So let's get with it – **Use it or we'll Lose it!***



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.

Much is happening at the Chamber so come along and join the progress . . .

On 12 May there was a very successful gathering at the Sports Hub with the Mayor, Councillors Simson and Angel and about 40 interested locals. Many queries were answered and connections made – see *News of the Area* for 16 May.

A subcommittee of the Chamber is busy developing plans for a December 'Light Up Bowraville' event, involving not only street lighting and decorations but also a special Christmas Party as Bowra has celebrated so many times in the past. If you would like to be involved, contact the Technology Centre on High Street

At the last meeting there was a robust discussion about the rubbish bins in town which are often filled to overflowing and so unusable until emptied - Council has to do this every day which obviously has a significant cost! It seems obvious that the rubbish is not from people in town but rather those out of town without paid rubbish collections included in their rates. Is there a better way? We would greatly appreciate your ideas and feedback on this issue.

Email us at bchamber769@gmail.com and/or come along to meetings.

At the next meeting, on Tuesday 3 June at 5pm at the Bowra Hotel the topic of speeding through town, especially Cook and High Street will be discussed. Again, appropriate ideas welcomed.

SURPRISE! SURPRISE!

CHRISTMAS IS A COMIN'.... IN DECEMBER!

We are planning a lights spectacular for the High Street in Bowra and we'd like your involvement to create this great event – we are looking for any Christmas decorations and lights that you can donate.

LIGHT UP BOWRA '25

This event may evolve into a street party involving the whole town. So collect up your Chrissie paraphernalia and we will collect it later.

BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION INCORPORATED (BCDAI)
Pioneer Community Centre - 70 Hih Street - in the Heart of Bowraville

Monthly meetings, 2nd Saturday of each month at 1pm.

Bowra Country Market, Every 2nd Saturday of every month. Enquiries: 6568 3370

Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January Book Fair are always welcomed.

Volunteers wanted. Do you have skills to share?

Find us on Facebook. email: bcdainc@gmail.com

Protein Is Being Added to Yoghurt, Bread and even Coffee – But Is It Really Good for Our Health?

*How much protein do we really need and should we be getting it from
supplemented foods?*

Protein intake dominates fitness advice. Whether you want to build muscle, improve your fitness or watch your weight, the common advice handed out by everyone from fitness influencers to doctors is that we need more protein.

But while protein does play an essential role in maintaining our muscle mass and overall health, all this increased attention on the importance of protein in the media and fitness circles has sparked a surge in products marketed specifically for their protein content. Some chocolate bars, ice cream, pizza, coffee and even alcoholic beverages now market themselves as protein foods.

But our enthusiasm for protein might have gone too far. While protein is certainly important for our health, most of us don't need these protein-enhanced foods as a regular feature in our diet. Consumers can mistakenly equate high protein content with overall nutritional value – this effect can lead to the perception of protein-rich foods being inherently nutritious – even though many may not be.

Protein is essential for maintaining muscle mass and immune function.

Nutrition guidelines recommend people aim to eat around 0.75g of protein per kilogram of body weight. But some evidence suggests this recommendation may be an underestimate – and that the recommendation should be around 1.2g-1.6g per kg of body weight per day

There's also a strong body of evidence that suggests the amount of protein we need changes depending on our health. For instance, people need to eat more protein when recovering from an illness. Research also shows older adults should be aiming for at least 1.2g per kg of body weight in order to combat age-related muscle loss.

Athletes also need to eat a greater amount of protein to support their training and recovery. Moreover, with the rising popularity of weight-loss drugs, strategies increasingly emphasise protein intake to minimise muscle loss while losing weight.

But just because protein is good for maintaining muscle mass, that doesn't mean more is better. In fact, it seems that even when we consume large amounts of protein, only some of this is actually used by the body.

Most of us probably need a little more protein than current guidelines suggest, but less than what is often promoted by wellness influencers on social media (with some even suggesting we need up to 3g of protein per kg of body weight).

Ironically, the necessary amount of protein suggested by emerging evidence (1.2g-1.6g per kg of body weight per day) is close to what the average protein consumption already is in most western countries.

Most people can probably benefit from being more protein aware – not about how much protein they're consuming, but about the quality and frequency of their protein choices. Ideally, we should aim to consume small amounts of protein-rich foods more often during the day.

Current evidence suggests around 20g-30g of protein (around a handful of a protein source) at each meal supports muscle maintenance alongside physical activity.

Continued on page 22

Banish Winter Dryness: Simple Steps for Healthy Skin

Winter's cold, dry air and indoor heating can leave skin feeling tight, rough, and itchy. But you can fight back with a few easy steps!

Why Winter Takes a Toll on Our Skin:

Think of your skin as a natural barrier. In winter, the air outside becomes colder and drier, and indoor heating further reduces humidity. This lack of moisture in the environment can draw water away from your skin, weakening its protective layer. As a result, your skin can lose its natural oils, leading to that familiar feeling of dryness.

The Power of Moisturising: Your Winter Shield!

◆ **Emollients are Key:** Look for moisturisers that contain emollients. These are rich, oily substances that help to soften and smooth your skin. They work by creating a protective barrier on the surface, trapping in moisture and preventing irritants from getting in. Think of them as a winter coat for your skin!

◆ **Apply Regularly:** The best time to moisturise is right after showering or bathing, while your skin is still slightly damp. This helps to lock in the moisture from the water. Apply your chosen preparation morning and night.

◆ **Choose Wisely:** There are many different types of moisturisers available. You might need to experiment to find one that suits your skin best. If you have sensitive skin, opt for fragrance-free products and consider avoiding ingredients which can be irritating. Your local chemist can offer advice if you're unsure.

Gentle Cleansing Matters:

Just as the environment can dry out your skin, so can regular soaps and cleansers. Many soaps, shower gels, and bubble baths can strip away your skin's natural protective oils, making dryness worse.

◆ **Switch to Soap-Free:** During winter, consider switching to soap-free washes or cleansers. These are much gentler on your skin and help to preserve its natural moisture balance. Look for products specifically designed for dry or sensitive skin.

Be Kind to Your Skin:

◆ **Lukewarm Showers:** Avoid long, hot showers that dry skin.

◆ **Hydrate Inside and out:** Drink plenty of water. Use a moisturiser on your skin.

◆ **Consider a Humidifier:** Adds moisture to dry indoor air.

◆ **Protect Hands:** Wear gloves and use hand cream often.

◆ **When to Seek Advice:** If dryness doesn't improve or skin is very irritated, consult a doctor or pharmacist to rule out other causes.

Simple changes can make a big difference in keeping your skin healthy and comfortable all winter long!

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8/11





Beat Winter Dry Skin! Checklist:

- * Hydrate Inside & Out:
Drink plenty of water
- * Gentle Cleansing:
Use mild, fragrance-free cleansers
- * Moisturise Immediately:
Apply moisturiser after showering and washing hands
- * Thick & Rich:
Choose thicker cream, ointments or oils
- * Humidify Your Space:
Consider using a humidifier
- * Lukewarm Showers:
Avoid hot water
- * Protect Your Hands:
Wear gloves outdoors
- * Lip Care: Don't forget lip balm
- * Avoid Irritants:
Steer clear of harsh soaps and scrubs



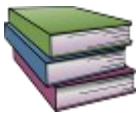
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Troll Hunting: Inside the World of Online Hate and its Human Fallout

By Ginger Gorman

In 2013, journalist Ginger Gorman was trolled online. She received scores of hateful tweets, including a death threat. Although terrified, once the attack subsided, she found herself curious. Who were these trolls? How and why did they coordinate the attack? How does someone fight back against a troll?

Over the next five years Gorman spoke to psychologists, trolling victims, law enforcement, academics and, most importantly, the trolls themselves. What she discovered was profoundly shocking and fascinating. Syndicates of highly organised predator trolls across the globe systematically set out to disrupt and disturb. Some want to highlight the media's alleged left-wing bias, some want to bring down capitalism, and some just want to have fun. Even if it means destroying someone's life...

Troll Hunting is an important window into not just the mindset and motivation of trolls, but the history of this kind of aberrant behaviour. Ginger Gorman's comprehensive investigation into what makes them tick has given us a brilliant book that is impossible to put down.

- www.goodreads.com



The Windup Girl

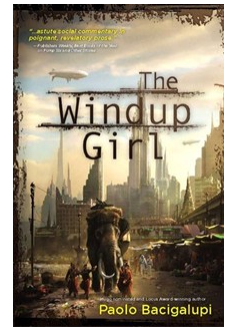
By Paolo Bacigalupi

Anderson Lake is a company man, AgriGen's Calorie Man in Thailand. Under cover as a factory manager, Anderson combs Bangkok's street markets in search of foodstuffs thought to be extinct, hoping to reap the bounty of history's lost calories. There, he encounters Emiko...

Emiko is the Windup Girl, a strange and beautiful creature. One of the New People, Emiko is not human; instead, she is an engineered being, creche-grown and programmed to satisfy the decadent whims of a Kyoto businessman, but now abandoned to the streets of Bangkok. Regarded as soulless beings by some, devils by others, New People are slaves, soldiers, and toys of the rich in a chilling near future in which calorie companies rule the world.

What Happens when calories become currency? What happens when bio-terrorism becomes a tool for corporate profits, when said bio-terrorism's genetic drift forces mankind to the cusp of post-human evolution? Award-winning author Paolo Bacigalupi delivers one of the most highly acclaimed science fiction novels of the twenty-first century.

- www.goodreads.com



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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 JUNE at the

BOWRAVILLE THEATRE

www.bowravilletheatre.com.au

The Last Waltz

1978 Documentary/Musical | M

Friday, 6th June 2025

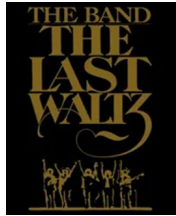
Starts 6:30PM |

Doors open 7PM

Seventeen years after joining forces as the backing band for rockabilly cult hero

Ronnie Hawkins, The Band call it quits with a lavish farewell show in Nov 1976. Filmed by Martin Scorsese, this documentary features performances by Bob Dylan, Van Morrison, Eric Clapton, Joni Mitchell and Muddy Waters, plus interviews tracing the group's history.

Tickets \$5 +bkg fees online @ trybooking



Chopin's Last Tour

Live Show with Piano

Friday, 13th June 2025

Doors open 7PM | show starts 7:30PM

"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, (live piano during the show).

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



A Complete Unknown – Movie

R | Drama/Music | 2h 20m

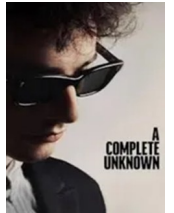
Sunday, 29th June 2025

Doors open 1:30pm |

Movie starts 2pm

In the early 1960s, 19-year-old Bob Dylan arrives in New York with his guitar and revolutionary talent, destined to change the course of American music. Forming his most intimate relationships during his rise to fame, he grows restless with the folk movement, making a controversial choice that reverberates worldwide.

Tickets \$14 online | \$12 members and concession + Bkg fee online @ trybooking



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N/C



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Provider: NSW Family Day Care Association

7/11

What Your Swearing Habits Say About You

“Swearing” is the use of taboo language. The paradox is that while swearing is the use of words that are unacceptable, it is also profuse. It is also not new; humans have probably been swearing as long as there has been language to swear with. These days surveys tell us that approximately 58 per cent of people swear “sometimes” or “often” and only less than 10 per cent swear “never” or “rarely”. Usually, it is the word itself that is the taboo and not the thing it is referring to. It is fine, for instance, to talk about sexual intercourse but the word “f—” is considered severe swearing by 71 per cent of people. Of course, like all of language, swearing has evolved over the centuries and the path of that evolution is damn interesting.



Bloody common language

Swearing is an ancient human practice. There is evidence that the Egyptians, Greeks and Romans all cursed, with a popular Roman curse being “By Hercules!” Dr Amanda Laugesen is the author of *Rooted: An Australian History of Bad Language*, and in her book, she notes, “What is considered most potent changes across time, although taboo has often focused on the religious (hell), the sexual (f—), and the excretory (sh—). More recently racial, sexist, and other discriminatory epithets have become the most taboo and controversial terms.”

Signs of the times

Anecdotally, swearing is becoming more prevalent in society. People feel that we are swearing more, but that may relate more to the fact that swearing is more commonplace now in our popular media. A more generalised measure of this is the use of profanity in popular media. In 1939 the producers of the film classic *Gone With The Wind* were fined \$5000 for Clark Gable’s confronting blue language in the line, “Frankly my dear, I don’t give a damn!” What made the line so shocking and profound in 1939 was that “damn” was taboo because of its religious connotations. In the decades since 1939 our perception of what makes a word too profane for broadcast has changed.

In 1970 the film *M*A*S*H* became the first American film released by a major studio to use the word “f—” and from there, with the mirror broken, things evolved rapidly. By 2013 the film *The Wolf of Wall Street*, which has taken more than US\$400 million, contained more than 500 uses of the f-bomb. Television has taken a while to follow suit, after all it is a part of the family home, but it is wasting no time in catching up.

While swearing in the media may be creating the impression that swearing is proliferating, Laugesen believes that swearing in general is not becoming more common; it is just changing. As we have seen, swearing has always been part of communication; what is changing is the words that we use to swear.

Timothy Jay, professor of psychology at the Massachusetts College of Liberal Arts, has observed that all competent English speakers learn to swear and that swearing makes up about 0.5 per cent of their daily word output. Research done by Jay has shown that children start swearing at about age two and have adult-like swearing by age 11 or 12. Whatever you may think of swearing, it is incredibly common and embedded in our history and psychology. It also has some very real effects.

Continued on Page 30

Invasion of the Home Humanoid Robots - *from page 10*

data that depicts real-world tasks. After seeing Eve, Mr. Jang told Mr. Børnich they should apply the same technique to humanoids.

The result was a cross-Atlantic company they renamed 1X. The start-up, which has grown to around 200 employees, is now backed by over \$125 million in funding from investors that include Tiger Global and the artificial intelligence start-up OpenAI.

When I returned to the company's lab about six months after meeting Eve, I was greeted by a walking Neo. They had taught it to walk entirely in the digital world. By simulating the physics of the real world in a video-game-like environment, they could train a digital version of their robot to stand and balance and, eventually, take steps. After months spent training this digital robot, they transferred everything it had learned to a physical humanoid.

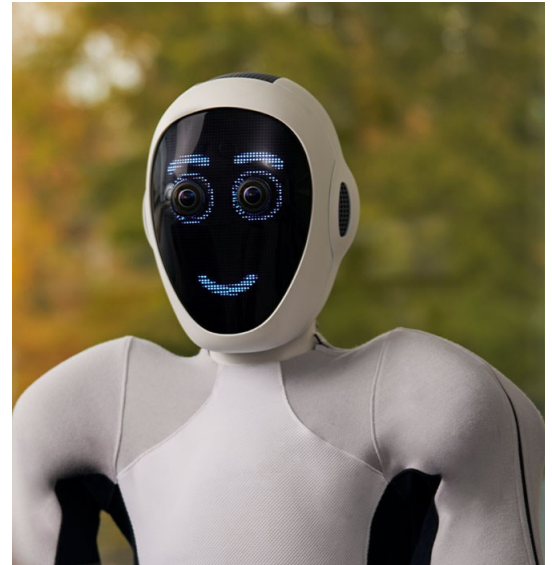
If I stepped into Neo's path, it would stop and move around me. If I pushed its chest, it stayed on its feet. Sometimes, it stumbled or did not quite know what to do. But it could walk around a room much like people do.

"All of this is learned behaviour," Mr. Jang said, as Neo clicked against the floor with each step. "If we put it into any environment, it should know how to do this.

Next Month: Training robots to do household chores.

- 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.



1X humanoid robot - Eve

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23/11

Added Protein – Is It Good for You? - from page 15

In an ideal world, this protein would come from whole foods (such as nuts, seeds, milk, eggs and legumes). But fortified protein products may have their place as a quick and easy snack – especially for those who may struggle to eat this much protein at each meal. It's important to eat these foods in moderation, however.

Ultra-processed products

Supermarkets are full of “protein-enhanced” products. But while these products may contain additional protein, they may also contain additional sugars or carbohydrates.

For example, protein milk often contains double the protein of regular milk - it does this by removing water or adding dried milk. Protein bars are another example. But depending on the brand you choose, alongside their additional protein content they may also be high in sugar.

Many protein-fortified products share another common trait: they fall into the category of ultra-processed foods. Ultra-processed foods are commercially made products that include ingredients you wouldn't typically find in your own kitchen.

Research shows regularly consuming ultra-processed foods is consistently linked with poorer health outcomes – such as cardiovascular diseases and diabetes. Current discussions around ultra-processed foods suggests uncertainty regarding whether it's the processing itself, the poor nutritional quality of these foods or the combination of both of these factors that contribute to these negative health outcomes.

Another issue with protein-enhanced products is that while they do contain extra protein, some products may lack fibre, vitamins and essential minerals. A lack of fibre in modern diets is currently one of the biggest contributors to population-wide ill-health.

All foods have their place within a balanced diet. But protein is only one component of overall nutritional health. The rise in protein-fortified foods as health foods is concerning.

Protein-enhanced products are occasional foods that might support meeting protein intake, but they should not be mistaken for universally healthy foods. People looking to reach their protein goals should choose a variety of protein sources.

- www.mindfood.com/article/protein-is-being-added-to-yoghurt-bread-and-even-coffee-but-is-it-really-good-for-our-health/

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ST. JAMES CHURCH HALL

The Winter Solstice in Australia – 21st June

On the day of the winter solstice, the sun takes its lowest path in the sky over the southern hemisphere. At the same time, the northern hemisphere has the summer solstice, with the longest day of the year and the most daylight. People in Australia see the year's shortest day while those up north get the longest one.



The winter solstice happens because the Earth tilts at 23.5 degrees as it goes around the sun. On this day, the southern hemisphere is tilted the most away from the sun. Because of this tilt, sunlight spreads out more, which makes there be less daylight hours and less heat.

Up north in Darwin, the day of the solstice has more than 11 hours of sunlight. But down south in Hobart, it is closer to nine hours of daylight, or even less. Once June 21 is over, there will be a bit more daylight each day. This is a sign that the season is changing and shows us all that the move toward summertime in Australia has begun.

For Australia, the winter solstice shows how Earth moves in space and keeps balance in the seasons. The solstice marks the start of winter and brings colder, longer nights. But it also is a sign that days will get longer, and soon, there will be a new season.

Whilst there will be more daylight going forward the same cannot be said for the temperature. This is just the beginning of winter and temperatures will continue to drop for well over a month. The phenomena is known as seasonal lag where, despite there being more energy from the sun, the latent temperature of the Earth makes the air temperature slow to respond.

The winter solstice in Australia means a lot to many people and cultures. This time stands for starting afresh and finding balance in life. Some people do rituals and some others perform simple acts to mark this day - these can be big festivals or small personal ways to enjoy the solstice. Around the country, people use the winter solstice to notice the change in daylight and to feel connected with the way nature moves and changes throughout the year.

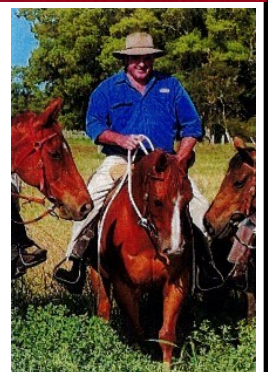
- blog.remitly.com/en-au/lifestyle-culture/when-is-the-shortest-day-in-australia/

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7/11

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5/11

Wildflower Gardening

Growing Your Wildflower Garden: A Short Planting Guide

Kickstart a wildflower garden with this list of native Australian wildflowers that you can use to attract native insects to your garden, along with the insects they can attract and their benefits:

Billy Buttons (*Craspedia* spp.)

- Attracts: native bees and butterflies.

Benefits: Vibrant yellow spherical flowers that provide nectar for native bees and a food source for butterflies.

Kangaroo Grass (*Themeda triandra*)

- Attracts: native grasshoppers and caterpillars.

Benefits: Is a host plant for various native insects making it an essential component of a balanced ecosystem.

Common Everlasting (*Chrysocephalum apiculatum*)

- Attracts: native bees, butterflies, and moths.

Benefits: Attracts a range of pollinators, foliage provides habitat for small insects.

Bush Pea (*Pultenaea* spp.)

- Attracts: Native bees, beetles, flies, and hoverflies.

Benefits: Bright yellow or red flowers are a nectar and pollen source for native bees and other pollinators.

Mulla Mulla (*Ptilotus* spp.)

- Attracts: native bees, butterflies, wasps, moths, and bee flies.

Benefits: The unique cylindrical flowers of Mulla Mulla are a nectar source for native bees and a striking addition to the garden.

Geraldton Wax (*Chamelaucium uncinatum*)

Australian Native, Geraldton Wax (*Chamelaucium uncinatum*)

- Attracts: Native bees, flies, beetles, and honeyeaters.

Benefits: The fragrant flowers of Geraldton Wax attract native bees and

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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Nambucca Valley Growers and Producer Association

MEETING POSTPONED TO 6TH JUNE

Let's give ourselves time to recover and support ourselves, friends and community through the current flood event.

It's also a good time to reflect on what we can create through the Nambucca Valley Growers and Producer Association - for ourselves and our community.

“Shaping Your Local Growers and Producers Association”

6th June - 5:00 to 7:00pm
Macksville Ex-Services Club

Come and join us for a workshop and meet-and-greet event - all growers, producers and supporters welcome!

Background:

Agriculture is a traditional mainstay of the Nambucca Valley with the industry built on the local production of dairy products, beef and other livestock products, with a growing contribution from aquaculture, fruit, nut, and other horticultural products.

Our local farmers, growers and producers are the backbone of our local economy, community, food culture and associated agritourism.

We have the potential to be part of Australia's buy-local revolution. Our Vision for the Nambucca Valley Growers and Producers Association (NVGPA) is to address the gap and opportunity identified in supporting and advocating for local growers and producers, including small scale and hobby farming activities which all have the potential to contribute to our local grower and produce economy.

The NVGPA aims to support you as a local grower and/or producer through advocacy, building community and resilience, whilst promoting stewardship of all the resources of the Nambucca Valley.

BUY-LOCAL,

“NAMBUCCA, NATURALLY”

For further details on membership contact:
nvgrowersproducersassociation@gmail.com

~ GARDENS & GARDENING ~

Wildflower Gardening

Continued from page 22

nectar-feeding birds, contributing to pollination and local bird diversity.

Hakea (Hakea spp.)

- Attracts: Native bees, moths, ants, wasps, beetles, small marsupials, and honeyeaters.

Benefits: Hakea plants produce nectar- and pollen-rich flowers, making them a valuable resource for native bees and butterflies in your garden.

Dampiera (Dampiera spp.)

- Attracts: Native bees, hoverflies, and small native wasps.

Benefits: Dampiera's vibrant blue or purple flowers provide nectar for native bees and offer nesting sites for small wasps.

Emu Bush (Eremophila spp.)

- Attracts: Native bees and honeyeaters.

Benefits: Emu Bush is well-known for its tubular flowers, attracting various pollinators, particularly native bees and nectar-feeding birds.

Daisy Bush (Olearia spp.)

- Attracts: Native bees, hoverflies, beetles, flies, moths, and butterflies.

BeDiscover Wildflower Gardening: Attract native insects and reap the rewards: Daisy Bush, with its white or pink daisy-like flowers, provides nectar and pollen for native bees and a food source for butterflies.

These native wildflowers offer a diverse range of colours, shapes, and sizes to enhance the beauty of your garden while supporting local ecosystems. By planting these species, you will provide food and habitat for a wide array of native insects, contributing to the health of your garden and the broader Australian environment. Win-win.

- www.sgaonline.org.au

Why Some People Go to McDonald's When They Get a Headache

A viral migraine hack has people heading to McDonald's. But does it really work?

There's a headache 'hack' making the rounds on social media lately where people are claiming that if you feel a migraine coming on, all you need to do is head to McDonald's and order... a large Coke and fries.

Interestingly this hack may not be completely off base! Dr. Jessica Lowe, a board-certified neurologist (and migraine sufferer herself), explained why it might actually help, at least if you catch your migraine early enough.

She said: "A large Coke from McDonald's has about 80 milligrams of caffeine in it. That right there is probably enough to stop your migraine in its tracks. Salt and electrolytes are important. Then, of course, fries are carbs. A lot of people have migraines that are provoked by hunger or just their glucose starting to drop."

It's not magic—it's caffeine, salt, and quick carbs. And for some people, it actually helps.

One commenter joked, "I've heard it called, and have now adopted the name of this combo, as being the McMigraine." Another said, "Solid advice! My teen daughter and I suffer from migraines, and this works Every. Single. Time." And someone else added, "I have used the McDonald's trick for years and years. It only works for me if I am just starting an onset of one, not if it's intense and I've had it for hours."

But while a fast-food fix might hit the spot once in a while, it's not exactly ideal—or sustainable.

Headaches linked to medical conditions, like cluster headaches, head trauma, or neurological issues, are a different story.

While home remedies can be helpful for mild or occasional headaches, there are times when it's important to seek medical care.

Headaches with unusual symptoms or that don't respond to pain relievers can be signs of more severe health issues, so don't wait to consult a medical professional. It's always better to be safe than sorry!



Extract from www.onegoodthingbyjillee.com/mcdonalds-headache-hack/

BOWRAVILLE CENTRAL SCHOOL NEWS

Bowraville Central Agriculture Show Team Shines at Regional Shows

The Bowraville Central School Agriculture Show Team made a strong impression on the regional show circuit, achieving outstanding results across the Wauchope, Kempsey and Macksville Shows.

The season kicked off at the Wauchope Show, where the team's stud cattle dominated the ring. Highlights included Champion Droughtmaster Female, Champion Droughtmaster Bull, and Reserve Champion Droughtmaster Female, Champion Braford, Champion Brangus. Bowraville Central was also awarded Best Presented Animal by a school student and went on to win Best Presented School overall.

At the Kempsey Show, the team continued their winning streak with Reserve Champion Bantam Soft Feather Australorp Hen in the junior section. Strong results also came in the Junior Judging and Parading Rings.

The event was a true team effort, with older students stepping up to mentor younger ones and ensure the cattle were show-ready. A special thanks goes to Ms Wilson, Sharon, dedicated parents, and all students for their hard work and sportsmanship.

Bowraville Central's show season is off to a stellar start, showcasing not only their livestock but the pride and commitment of their young agriculturalists.

- By Lori Wilson



Winter's come and I am glum
And that's a lovely thing.
It sweeps away the sheer dismay
That human beings bring.

Winter please, just make me freeze
And cool my burning brain:
My overheated, much repeated
Existential pain.

Make me feel intensely real
And lash me as you choose
So I won't dwell, upon the hell
Of people in the news.



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What Your Swearing Habits Say About You - *from page 20*

Swearing and your body

Richard Stephens of Keele University in the UK has done lots of research in the swearing space. In one piece of research published in the journal *NeuroReport*, Stephens and colleagues found that people could keep their hand in ice water longer when they used swear-words compared to bland adjectives, indicating that swearing has the capacity to increase pain tolerance.



In another study, Stephens had people complete a short but intense session on an exercise bike after either swearing or not swearing. A follow-up was to get people to do an isometric handgrip strength test again after swearing or not swearing. The findings were that swearing led to increased power on the bike in the first test and increased strength in the second.

Stephens' work shows us that swearing has real physical effects, and recent work of his goes a step further in looking at which swear words are more powerful. In a study from 2020 that was published in the journal *Frontiers in Psychology*, Stephens asked subjects to use either the word "f——" or the made-up words "fouch" or "twizpipe" to moderate how they could deal with a cold-water bath. The results showed that people who used the word "f——" had a 32 per cent increase in pain threshold and a 33 per cent increase in pain tolerance. Both "fouch" and "twizpipe" yielded no benefit at all, which was twizpiping disappointing for those participants.

The fundamentally utilitarian effect of swearing is probably why it has persisted for millennia and, fascinatingly, on top of these physical effects swearing also reveals quite a lot about the person who swears.

Swearing and personality

According to Jay, extroverts are more likely to swear as are Type A personalities (those who are competitive, time urgent, stressed and more disposed to aggression). Research has also shown that people who are conscientious, agreeable, sexually anxious and religious are less likely to swear. This all fits with what common sense might tell you, but there are also some surprising findings that have come from the research.

A perception has been that swearing is more common in people of limited intelligence and that it is used to mask a restricted vocabulary. Jay has conducted research refuting this, where he asked people to come up with as many taboo words as they could in 60 seconds. He also had the subjects do some verbal fluency tests and found that those who were the most proficient at swearing were also the most generally verbally fluent.

The link between swearing and honesty was highlighted in a study published in the journal *Social Psychological and Personality Science*. The study was based on more than 75,000 Facebook users and found that people who used more swear words were also more likely to use language patterns that have been shown to correlate with honesty. A possible explanation for this is that swearing is often used to express unfiltered and sincerely held feelings.

In the end, swearing seems to be part of human nature, has real effects and reveals a lot about us as individuals. Some of those effects are physical but others are psychological. It might just be that the major benefit of swearing lies in it being an act of rebellion, throwing off thought shackles and saying "F— you!" to controlling conventions.

- by **Terry Robson** - wellbeing.com.au/mind-spirit/mind/what-do-your-swearing-habits-say-about-you

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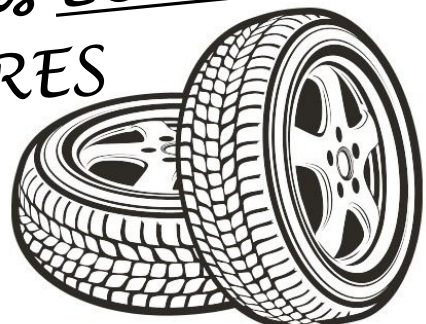
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2025							Studio 3 Live	Community Radio Network
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Dirt Music With Stuart Coupe (2SER)	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charity.	Tones of Claressence Claire Watt	TGIF Betina Goodwin	Rise N Shine Ron Hawkins	The Phantom Dancer With Greg Poppleton	6 AM
7 AM	Top of the Pops UK With Kim Robson	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	Local News of the Area Audio news, with Beverly & Linda	7 AM
8 AM	Paradigm Shift With Geoff Moyne	From Then To Now With Paul & Rachel Burns	Smoko with Gazza With Gary Biden	Turning Pages Elizabeth Newman	Talk Of The Town Ceri Wrobel	Local News of the Area Audio news, with Beverly & Linda	AMRAP Top 6 Double With Phill	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe		Easy Listening To Rock & Pop	Environmental Matters with Elizabeth & Earth Matters	See what's going down!	Maidensong Dianna Galbraith	Scoob's Smorgasbord With Scoobs	9 AM
10 AM	Great Rock 'n' Roll			Tewinga Tunes With Ralph	Peter's Pops & 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	Thursdays Country Trickvic	Robertson's Rollercoaster Tom Robertson	Noisy Neighbours Trenck de Groot	That's A Wrap Donna, Nigel, Gary & Les	11 AM
Noon		Aussie Trove With Brett Adie	33 Blues With Lizzie	Environmental Matters with Elizabeth & Earth Matters	Music from up and down and all over the place	Garage Noise With Sean Ambrose		Noon
1 PM	Flashback With Rob Davidson	Chimes With Paul Gough	Tune in and join Lizzie for a Blues extravaganza.	Tewinga Tunes With Ralph	MHS Radio From Macksville High	Soul Quench With Lizzie	Local sports calls and in-depth sporting analysis	1 PM
2 PM	Hot, Sweet & Jazzy From "The Pulse"	Rock On With Jimmy & the Bluebirds	DJ Casey DJ Casey's selected music	Thursdays Country Trickvic	The Local Source All Aussie Music			2 PM
3 PM	Hot, Sweet & Jazzy From "The Pulse"	Sister Act Olivia & Sam	The Sixties in Australia Rob Davidson	Thursdays Country Trickvic	Global Village With Habib Massad	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	3 PM
4 PM	A Breath of Fresh Air With Sandy Kaye	Retro Birds Robyn Wren & Sally Swan	The Curious World of Lisa Z	Hit Singles From Your Past With Macca	Meet Me @ The Movies Narrative about Narratives			4 PM
5 PM	Bowra Beats With Grace Walters	Not out of the box	Tracy's Eclectic Tunes With TracyO	Politics & the Environment Michael Jones	Fish's Favourites With Dave P	Saturday Date With Stu	The AntiSF Radio Show With Nuke	5 PM
6 PM	Hinterland With Ben Walters	On the Flipside With CJ	Musical reminiscences, favourites and fun.	Ant's Rock Anthony Gamsey	Tunes I like to hear...	Don't forget to keep your date!	Imagine This Radio drama & stories	6 PM
7 PM	Reggae Mixtape With Fitzroy	Space Nuts Lost in Science	Ant's Rock Anthony Gamsey	Tim Unsupervised Tim Hood	Dark Side of the Moon My Generation	Wolffy Wolffy's music & requests	Prog Rock Playlist Rhino	7 PM
8 PM	Music Makers With Yen	Zed Games & Diffusion	Solid Rock Aussie Focus	Late night humour, music, interviews and more...	The Gary Jackson Show Sounds of the Seventies	2NVR Music Mix	The best of Progressive Rock	8 PM
9 PM	Music Makers Mixed music with featured artists	2NVR Music Mix	Ant's Rock Overnight	2NVR Music Mix				9 PM
10 PM								10 PM
11 PM								11 PM
Midnight	2NVR Overnight Music Mix						2NVR Overnight Music Mix	Midnight

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