



# 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 2021 ~ ISSUE #196 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449**

**Be Connected**  
Every Australian online.

**Be Connected** is an Australia wide initiative empowering all Australians to thrive in a digital world.

**Be Connected** offers support so you can develop your digital skills with confidence and at your own pace.

**Start your learning and find out how to use your device and keep in touch with others online with our free online courses.**

*Come into the Bowraville Technology Centre to find out more.*



*At The Bowraville Technology Centre we are hosting a variety of free, interactive webinars for older people to improve their digital skills.*

**Come into the Technology Centre on a Monday, Tuesday or Thursday at 10.30am or 1.30pm to begin adding new and exciting dimensions to your digital skills repertoire or phone Mark on 6564-7420.**

**Build your online skills** - Learn at your own pace with our free courses on everything from how to access the internet, make video calls or set up your device

**Free online safety presentations** - Join us online to learn about the eSafety essentials. Seven engaging and interactive presentations.

**Online safety for grandparents and carers** - A free guide with key advice and practical tips to help you become more involved in the online world your grandchildren inhabit.

# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 400 COPIES**

Newsletter is also available online at:  
[www.bowraville.nsw.au/newsletter/](http://www.bowraville.nsw.au/newsletter/)

## **2020 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.  
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185 x 130 (1 page) - \$43 issue or \$430 year

Front Cover (1 issue) - \$60 issue

**ALL ADVERTISING ENQUIRIES TO**  
[cherieodonohue@bowraville.nsw.au](mailto:cherieodonohue@bowraville.nsw.au)

## **DEADLINE FOR COPY FOR**

**THE JULY 2021**

**ISSUE IS: 4:00PM**

**TUESDAY, 22ND JUNE 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](mailto:admin@bctc.com.au)

## **DISCLAIMER**

Bowraville Community News reserves the right to alter, omit or change classifications and advertisements —Furthermore, the Bowraville Community News does not endorse or promote products or services contained in the newsletter.

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

**ALL ADVERTISING ENQUIRIES to**

[cherieodonohue@bowraville.nsw.au](mailto:cherieodonohue@bowraville.nsw.au)

**ADVERTORIAL and GENERAL**

**CONTENT ENQUIRIES to**

[sue.smoothy@bowraville.nsw.au](mailto:sue.smoothy@bowraville.nsw.au)

or [wendy@bowraville.nsw.au](mailto: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](mailto: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*

**YOUR DIGITAL SKILLS AND CONFIDENCE**

The Bowraville Technology Centre is hosting a variety of free, interactive webinars for older people to improve their digital skills. **Come into the Technology Centre on either a Monday, Tuesday or Thursday at 10.30am or 1.30pm** to begin adding new and exciting dimensions to your digital skills repertoire.

**BOWRA COUNTRY MARKET 12th June 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.**



**Coming Up . . .**

**BOWRAVILLE SINGERS – FUNDRAISING CONCERT**

**Sunday, 18<sup>th</sup> 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, 27<sup>th</sup> 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, 27<sup>th</sup> 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



**FITTING TURNING MACHINING**

**0408 964 433**

**Steven Jeffries**

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

2 Park Street Bowraville 2449

[www.fittingturningmachining.com.au](http://www.fittingturningmachining.com.au)

A decorative graphic for the fitting turning machining advertisement. It features a large grey wrench on the left and right sides, framing the text. Below the wrenches are two olive branches with green leaves and red bows.



## 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**

## CORRECTION

In the Lion Club ad on page 12 of the May issue it included incorrect contact details. Please contact Mark Scott for any information.

In the Oil Pulling article on page 30 the time to draw the oil through your teeth should have been 15 minutes and the temperature that coconut oil will harden at is 76 degrees fahrenheit or 24 degrees celsius.

## 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.



**JUNE PROGRAM at the**

# BOWRAVILLE THEATRE

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

## Koori Comedy Showcase

**Friday, 4th June 2021 from 7pm to 8:30pm**

**Saturday, 5th June 2021 from 7pm**

The best of indigenous comedy coming to the Coffs Coast. Six Deadly funny finalists in one show hosted by Jessie "Rabbit" Miller. Featuring Jacob Keed, Cy Fahey, Denny Eggmolesse, Bill Makin with special guests Auntie Maureen French and Dave Human. *Ages 16+ for entry*

Tickets: \$35 (online only)

[https://www.stickytickets.com.au/a9fsg/koori\\_comedy\\_showcase.aspx](https://www.stickytickets.com.au/a9fsg/koori_comedy_showcase.aspx)



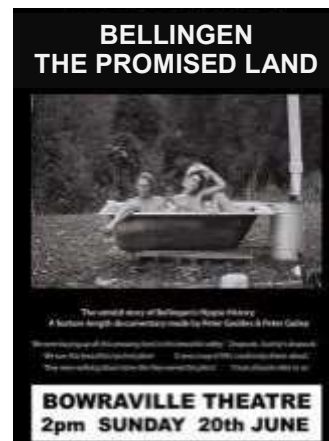
## The Promised Land - Sunday, 20th June 2021 @ 2pm

*Rating M*

Compiling countless hours of 8mm footage and historical photos, retired journalist Peter Geddes and filmmaker Peter Gailley paint the historical landscape of how modern Bellingen came to be, following the cultural movement that eventually became the backbone of Bellingen's identity.

Tickets: \$14, Concession and BAC members \$12 (Cash Only)

**Doors open at 1.30 with complimentary wine & cheese**  
*2pm filmmaker Peter Gailley will give a short talk about the film.*



Tickets available at the door or by booking.

For booking tickets phone either Merron 0491 160 755 or Fiona 0420 554 027

Booked tickets will be held at the box office.

## 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](mailto:marcia@coronationkennelsandcattery.com.au)

Website: [www.coronationkennelsandcattery.com.au](http://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

6/11

## BOWRAVILLE GIFT SHOP



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

**Monday to Friday: 9am - 5pm**

**PH: 02 6564-7169**

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## Online Misogyny and Abuse

Online misogyny is when the internet and related technologies are used as tools to target, harm and express hatred towards women.

### What are the impacts of online misogyny and abuse?

Online misogyny can have a range of psychological and emotional effects and may impact the way a woman views the world. It can lead to feelings of:

- Fear, for self or loved ones
- Anxiety, stress, and panic
- Sleeplessness
- Lowered self-esteem or confidence
- Isolation and loneliness
- Powerlessness and loss
- Anger, cynicism, suspicion, mistrust
- Depression, suicide

Experiencing online misogyny may cause a woman to disengage from online spaces or to censor herself. This impacts on her basic human rights protections including the right to freedom of opinion and expression, and the right to privacy.

Over time, a woman who disengages from online spaces in order to feel safe or to protect herself and her children may lose technical knowledge, employment opportunities, social contacts, access to services, and other benefits provided by technology.

### How common is online misogyny and abuse?

The United Nations reports that 73% of women online have been exposed to online abuse and that women are 27 times more likely to experience online harassment than men. The online abuse that younger women (ages 18-24) experience often includes more dangerous forms of stalking and violence.

A 2018 poll commissioned by Amnesty



International found that:

- 37% of Australian women who experienced online abuse and harassment felt a threat to their physical safety.
- 42% said that the abuse was sexist or misogynistic in nature.
- 20% reported that the abuse included physically or sexually violent threats.

### What's the cause of online misogyny and abuse?

Online misogyny and abuse starts with harmful attitudes and beliefs about women. The internet can make it easier to abuse someone anonymously and without the repercussions that exist in real life.

Some misogynists work together to target women they disagree with, generally with the motivation to silence, control, and cause fear. Women are often targeted simply for being women.

Some women experience online misogyny and abuse for choosing not to date someone, for sharing their opinions, for being in a public profession like media, entertainment, or politics, or for having personal attributes which an abuser deems unacceptable for a woman. Online misogyny is not the fault of the woman being abused. We all have the right to access technology without fear or abuse.

*Continued on Page 26*



# YOGA'S HAPPENING IN BOWRA ~ YOGA'S HAPPENING IN BOWRA

Free yoga classes now available for the Bowraville community (and beyond).  
Classes cater for all ages and abilities, so join us on the mat (supplied).

## Health's Deadly!

Yoga classes for everybody, because we're serious about health.



All Classes are Free and held at the  
Bowraville Exservices Club from 9:30am – 10:30am  
TERM TWO finishes Wednesday 23<sup>rd</sup> June.



**Mondays - CHAIR YOGA for Seniors**

**Tuesdays - MUM'S YOGA CLASSES**

Small children are welcome to come along with mum and play with the other kids.  
Mum, bring along playthings for your youngster/s while you get some  
much-needed mat time.

**Wednesdays - COMMUNITY YOGA**

Transport is available on request. To book transport or for more information on yoga classes, call  
Jaanyмили Bawrunга Project Officer Penny Stadhamс on 0477 721 165.

*Proudly sponsored by MNCLHD in partnership with Jaanyмили Bawrunга and  
presented by Bend & Breathe Movement.*

## 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*



## 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**

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## 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

6/11

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

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

## **BowraMacksville Hospital Auxiliary (UHA)**

With COVID restrictions lifted we were able to assemble a Mother's Day raffle and take it to the 3 Valley towns - Nambucca, Macksville and Bowraville. Winners were L. Crane of Nambucca Heads, Morelle Makinson of Macksville, B. Symonds from Bowraville and A. Miles from Burleigh Heads. A big thank you to our donors, volunteers and supporters with a special mention of the staff at Bowraville Central School who emptied a 50 ticket book! In all \$900 was raised. The next meeting of the BowraMacksville UHA will be held at the Rec Club on Friday 4<sup>th</sup> June commencing at 10am with morning tea available. Membership for the following year will be collected and nomination forms circulated for all positions at the August AGM.



## **Bowraville Garden Club**

As our next meeting falls on the Queen's Birthday weekend we decided to avoid highways and byways and look to our own town. Commencing at 11am we will visit the local markets and enjoy morning tea at the Market Café. Then we put on our walking shoes and visit our very special community hub to walk the river walk and investigate the new facilities available. Our initial interest in a BBQ declined as we preferred the hospitality and good food at the Bowra Hotel. Contact Barbara on 6564-7039



## **Bowra Seniors**

Treasurer Gail has posted all the information in Bowraville of our The

Biggest Morning Tea annual event and we are hoping it will be well patronised. Results will be available next month. However we would like to thank the people who have offered to make slices, sandwiches etc. and to our local IGA where manager Dean will donate the raffle prize. Our June meeting will be the usual 3<sup>rd</sup> Friday commencing 11 am followed by luncheon at one of Bowra's eateries. Guest speaker will be Gai Channels on her postponed talk on the joys of housesitting.

## **Bowraville Recreation Club**

Due to the rain, work on the new golf course is behind schedule and there are many areas to avoid when trying to get that ball going to where it is supposed to go. However the 4<sup>th</sup> fairway has a new hazard to test our golfers - this is to be played as a lateral water hazard. Bowraville Golf Club's Saturday Competition is open to Women and it is great to see those participating as several have come home with the best score this year and often are included in the other lesser events, runner up, best 9, nearest the pin and balls comp. Women's pennants team were tested when they played on a very wet Macksville course but came away with a 3/2 win. Wednesday Social Group, Thursday South Armors, Chook Runners and other social groups also use the course. Women continue their Thursday 18 Hole Comp. Bowls pennants are into the final phase. Club championships will continue after completion. Names are to go on the board for triples. Members are reminded that annual fees are due by June 30<sup>th</sup>.







# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## Love in Mid Air

*By Kim Wright*

This novel was described by another author as “Funny, sexy, heartbreaking, wise....it is a delicate exploration of the pull that almost every woman will feel at some point in her life for the unhindered freedom of ‘something more’”.

I’m not sure it was funny; there is plenty of sex and lots of explicit discussions about sex; heartbreaking for sure; wise – in my opinion, only in that hindsight kind of way.

The story is about Elyse, a woman in her late thirties, with a husband and young daughter, living in an upmarket area in a lovely house with a good home life. She is a potter but her husband brings in the income. She is not unhappy. She has her long-time best friend, Kelly, and social circle of friends with their regular meetings based around the usual things mothers are involved in. The women are all in different situations and they delve into each other’s lives as friends do.

On a flight home from a work trip Elyse meets a handsome (married) man on the plane with whom there is instant and unexpected attraction. They act on this attraction and thereby begins their affair.

While Wright tells the story of Elyse’s

day to day life Elyse continuously speaks her thoughts and feelings – her desires, worries, ‘self-talk’ and her intention to leave her husband (which she has been talking about for years). She thinks about the past, how she came to be married and how her marriage has evolved; how she feels about the counselling she and her husband get into; how she can get out of her marriage. She thinks about her husband and daughter; she thinks about her lover and friend. For Elyse, when all these things are considered they are accompanied by the reality of what a change would mean – where to live, taking the child, supporting herself, having a life less comfortable than the one she has.....

It is this narrative, along with the conversations she and Kelly have, that give insight into the way women often feel about their lives. It is this that might reawaken, in the reader, that feeling that one can be content but not necessarily happy; that life can settle into an acceptable routine but lack much excitement or stimulation; that perhaps we no longer love the person we once did in the same way and maybe that is no longer sufficient; that there is more to life and although we can be content we aren’t necessarily satisfied.

*- This book read and reviewed by Volunteer*

### 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.*

# International Day of YOGA June 21st

*Yoga is an ancient physical, mental and spiritual practice that originated in India. The word 'yoga' derives from Sanskrit and means to join or to unite, symbolizing the union of body and consciousness.*

Recognising its universal appeal, on 11 December 2014, the United Nations proclaimed 21 June as the International Day of Yoga.

The International Day of Yoga aims to raise awareness worldwide of the many benefits of practicing yoga.

Today yoga is practiced in various forms around the world and continues to grow in popularity.

But yoga is more than a physical activity. In the words of one of its most famous practitioners, the late B. K. S. Iyengar, "Yoga cultivates the ways of maintaining a balanced attitude in day-to-day life and endows skill in the performance of one's actions."

## Yoga philosophy

The philosophy of yoga teaches you the practice of self-study to develop your self-awareness and understand where your behavioural patterns are. It teaches the importance of the relationship between your mind, body and breath so that when you catch glimpses of this connection, you can start to feel more clarity and connection not only to yourself but also to the world around you.

As you notice more frequently how your mind, body and breath feel in each moment, you learn to also notice how they feel in certain interactions. You might find particular conversations bring tension into your body or shorten your



breath, or some days your mind feels particularly busy and chatty. The practice is to notice. Svadyaha won't, and doesn't, teach us to prevent these reactions, but it will help to cultivate the awareness that can help you to be conscious of your behaviour and decision-making in those scenarios. Perhaps bringing in a deeper breath or catching your thoughts will help create calm where it's needed, bringing a sense of ease to a difficult moment.

Your intentions become clearer. As you develop awareness, understanding and compassion for your own patterns, you can start to do the same for others. You can better navigate your physical and emotional reactions in each moment and start to see what lies beneath those reactions. Understanding your own true nature can help you to move through the world with consideration and compassion.

- [www.wellbeing.com.au](http://www.wellbeing.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



# Chemists' Own®

Your trusted brand  
in pharmacy is  
available in-store



These medicines may not be right for you.

Read the label before purchase.

Follow the directions for use. Incorrect use could be harmful.

If symptoms persist, talk to your health professional.

Ask your pharmacist - they will advise if this product is right for you.



**BOWRAVILLE PHARMACY**

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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





# How to Thrive in Flu Season

*As the colder months are creeping up on us, we know what is on everyone's mind. Will I catch the flu? How do I prevent getting sick this season? Following are some helpful tips to assist you in achieving the healthiest winter and thriving during flu season. In order to discuss the tips for surviving flu season, we must first understand what the flu is.*

## What is the Flu?

The flu, which is also referred to as influenza, is a viral respiratory illness. It is often confused with the common cold however, flu symptoms also include fever, cold sweats, exhaustion, aches throughout the body and headache and even some gastrointestinal symptoms, for example diarrhoea and vomiting. It is important to be aware of your symptoms as the flu is highly contagious and adults are able to spread the virus one day prior to the appearance of symptoms and also up to seven days after the symptoms have started.



## How to prevent getting the Flu

In preparing for the flu season it is important to practice healthy habits. Receiving a flu vaccine protects you from viruses that are common for this year and you can receive more information about vaccinations from your doctor or local pharmacy. However, to take care of the rest of winter's germs there are some ways to prevent the flu in your everyday life:

**Wash your hands or use a hand-sanitiser:** It is important to regularly wash your hands with soap and water or use an alcohol-based hand-sanitizer. If done correctly

### LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY



6/11

**PRESIDENT**  
Mark Scott  
M: 0428527545



Email:  
[bowraville@lionsdistrict201n1.org.au](mailto:bowraville@lionsdistrict201n1.org.au)  
PO Box 23 Bowraville NSW 2449

### BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

*"Your local dentist"*

Caring for YOUR dental  
wants and needs.

*No hard sell.*

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BOWRAVILLE

6564-7246

this will get rid of bacteria and associated viruses that cause the flu.

**Avoid touching your nose, eyes or mouth with unwashed hands:** This relates to the first tip, touching a contaminated object leaves germs on your hands which can increase the chance of the flu. When you do need to touch your face, wash your hands first.

**Eat well, stay active and getting a good night's sleep:** Will help you fight off winter illnesses and keep your immune system healthy. Also, managing stress will improve your immune function.

**Stay away from people who are sick:** The flu virus is very easily spread and therefore, it is important to stay away from close contact with those who are infected. Especially at work – it's important to avoid areas that have a lot of people to reduce the chance of coming into contact with someone who is sick.

## Treating the Flu

If you get sick in the next few months, the best course of action is to rest and drink plenty of fluids. The symptoms will depend on the specific type of illness you have contracted.

You will still need to practice prevention techniques for the flu when you get sick such as maintaining healthy habits to hasten your recovery.

During the time you are ill, you can easily spread germs to other people and therefore you will need to be aware of coughing and sneezing - making sure to use a tissue or your elbow to stop germs from becoming airborne. It will be preferable to stay at home to avoid coming into contact with others.

If you are experiencing any uncomfortable



## BOWRAVILLE PHARMACY

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

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

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

Pharmacist  
KERRIE SAVINS



4/11

## 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.

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CRAIG BELLAMY 0412 080 287  
NARELLE HARPER 0435 054 625  
[www.atrealty.com.au](http://www.atrealty.com.au)

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# *What's the difference . . . ?*

## **Between Type A Milk and Type A2 Milk?**



*The health effects of milk may depend on the breed of cow it came from. Currently, A2 milk is marketed as a healthier choice than regular A1 milk. Proponents assert that A2 has several health benefits and is easier for people with milk intolerance to digest.*

*This article takes an objective look at the science behind A1 and A2 milk.*



### **What do the terms mean?**

Casein is the largest group of proteins in milk, making up about 80% of total protein content.

There are several types of casein in milk. Beta-casein is the second most prevalent and exists in at least 13 different forms.

*The two most common forms are:*

- **A1 beta-casein.** Milk from breeds of cows that originated in northern Europe is generally high in A1 beta-casein. These breeds include Holstein, Friesian, Ayrshire, and British Shorthorn.
- **A2 beta-casein.** Milk that is high in A2 beta-casein is mainly found in breeds that originated in the Channel Islands and southern France. These include Guernsey, Jersey, Charolaise, and Limousin cows.

Regular milk contains both A1 and A2 beta-casein, but A2 milk contains only A2 beta-casein.

Some studies suggest that A1 beta-casein may be harmful and that A2 beta-casein is a safer choice.

Thus, there is some public and scientific debate over these two types of milk.

A2 milk contains no A1 beta-casein.

### **SUMMARY**

A1 and A2 milk contain different types of beta-casein protein. Some studies indicate that A2 milk may be the healthier of the two.

*Continued on Page 22*





# Bowraville Lions Club Inc News Bulletin

JUNE 2021



## TIME FOR A CHANGE

From the 21st of June the Lions Club of Bowraville will have a new President and board members for the 2021-2022 year.

We will continue to proudly serve our community and  
Lions Australia Projects.

One of the first activities our club will be having will be to hold a  
free BBQ for the people who were affected by the floods.

This has been made possible by a grant the club has received from  
Australia Post thanks to a successful nomination

from Christine at the Bowraville Post Office.

Dates and times will be published next month.

Work is nearly complete on the  
clock tower.

*Thanks to Chris, Greg and Damo  
for the work they have  
put into the renovations.*



**[bowraville@lionsdistrict201n1.org.au](mailto:bowraville@lionsdistrict201n1.org.au)  
PO Box 23 Bowraville NSW 2449**



## 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:**
- 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.
- Early Links Vision:**
- "Every child, every opportunity"
  - "Communities where every child participates and every family is respected"



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# Five ways to spot a scam call

*Advice from Telstra: If you think you're receiving a scam call, hang up . . . but how do you know if it's a scam call? There are some clear signs that you can spot which will help you stay safe from scammers, as long as you stay sceptical too.*

Telstra is now blocking around 1.5 million suspected scam calls a week, and around 6.5 million every month around Australia. It's part of the Cleaner Pipes initiative, where Telstra is working to reduce the harm of scams, phishing, ransomware and other malware across our networks. Telstra is doing a lot behind the scenes to block illegitimate activity - but there's a lot that you can do too.

We know that scam callers often prey on the public's inexperience about complex or highly technical topics and will try to confuse you and pressure you to act quickly to transfer money or share your private details without giving you time to think rationally.

Your best weapon in the ongoing fight against scammers is your own scepticism and caution. If something sounds too good to be true, it probably is. Here are five ways to spot scam calls as they're happening. Remember, our advice is simply to **hang up** if you think you're being scammed.

## Five tips for spotting a scam call

**1. Don't be convinced if it looks like an incoming call is from a legitimate business or government organisation.** Do you sometimes get calls coming in on your mobile phone that look like they're from the Australian Taxation Office or a Government department? Don't be fooled – this is a tactic known as 'spoofing' and is used by some scammers to lure you into a false sense of security. If you're not expecting a call from the organisation trying to reach you, our advice is to let it ring out. If they really need to speak to you, they'll find another way. If you're concerned that you might be getting caught in a con using the details of a business you already know and use, you can call *them* – on a phone number that you can confirm independently – for extra security.



**2. Is the caller pressuring you and making it seem like the matter is urgent?** Creating a sense of urgency is a sign that the call could be a scam. Some scammers try to trick you into thinking that if you don't hand over financial information or pay an 'outstanding debt' then something terrible will happen, like the matter being referred to the police for example. The other popular scam to look out for is if a caller says that your computer has a virus or is infecting other computers. Be very suspicious of calls of this nature. Hang up or you can ask them for their details and say you will call them back. If it's a scam, the chances are they'll put more pressure on you or hang up.

*Continued on Page 25*



*Norco Rural  
has a full range  
of garden supplies  
to suit all your needs.*

*Fertilisers need to be selected  
according to the nutritional  
requirements of the soil and the  
plants being grown,  
as well as the form and contents  
of the fertiliser itself.*

*Call in to Norco and speak to  
Garry, Paul or Kirk.  
They will be happy to assist you  
choose the correct products  
for your garden.*

*For the home garden  
or big acre farming . . .*

**SEEDS**

**POTTING MIXES**

**COMPOST**

**FERTILISERS**

**SOIL & WATER  
CONDITIONERS**

**MULCHES**

**ORGANIC GARDENING  
SUPPLIES**

**Norco Rural** carries a large range of  
products for pasture, cropping,  
horticulture and gardening applications  
from a wide variety  
of well known brands.



**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

5/11

**Flowerpots that will Thrive**

**Size does matter**

While it would seem, larger pots would require more care it's actually easier to grow plants in large containers than in small ones - because large containers hold more soil and the more soil there is the more moisture can be retained.

Small pots having less soil are much more susceptible to drying out. This is particularly true for small hanging baskets which may need to be watered up to twice a day to keep them from drying out during hot weather.

**Remember drainage**

When shopping for pots look for ones with drainage holes at the bottom which allow excess water to escape out of the bottom of the pot helping to prevent issues that can arise from overwatering like withering leaves, wilting, and even root rot.

And, filling the bottom of a pot with stones, gravel or other materials is *not* an adequate substitute for drainage holes!

**Soil only please**

Speaking of putting stuff in the bottom of pots - filling the bottom portion of large pots with packing peanuts, empty containers etc to make them less heavy will offset the benefit of using a large pot in the first place!

The less soil you have in your pot the more prone it will be to drying out. If you still want to be able to move your pots once they're planted, invest in a few rolling plant dollies rather than filling your pots with anything other than soil and plants.

**The right soil**

Look for soil that is recommended for use in pots or containers such as potting soil or raised bed soil etc. These light and airy soils contain moss and other organic materials that help to retain moisture and deliver a steady supply of oxygen to the potted plant's roots.

Group plants with similar needs together. You can mix and match different plant types as long as they have similar needs eg: similar watering and sunlight requirements.

**Read the tags**

A good source of information about a plant

*Continued on Page 20*

## Valla Beach Community Markets – Saturday, 5<sup>th</sup> June – 8am to 1pm

Join us underneath the Paperbarks, next to Deep Creek at The Valla Reserve, Ocean View Dr, Valla Beach on Saturday, 5<sup>th</sup> June from 8am-1pm.

A huge variety of stalls including fresh local produce and preserves, clothing, arts and crafts, collectables, plants and more.

Bring the family, meet friends, enjoy a food and good coffee while you listen to the delightfully stress free and uplifting sounds of local musician Freedom Summers.

Freedom Summers is a lifestyle creative, multi-disciplined in music and art. Her music is easy listening folk reggae, instilled with a deep sense of soul in personal lived experiences. Her song writing highlights a raw honesty, she has songs to light the smile and tap the foot, others are poetic in the beauty of nature, nearly all are filled with gratitude.

Please follow the covid safety plan and stay home if unwell. Observe parking signs and carpool if safe to do so.

## Need a COFFEE – WHERE do you get it?



**Bowraville Ex-Services Club - 57 High Street**

'Serve yourself' machine - daily from 10am to 7pm (or later)

**The Historic Coach House Inn - 4 High Street**

Mon and Tues 10am to 6pm, Wed to Sat 10am to 7pm

**Bowraville Hotel - 33 High Street**

Tues to Sun 10am to 2pm and 5pm to 8pm

**Bowraville Recreation Club, South Arm Road**

Tues 10am to 6pm, Wed and Thurs 8am to 6pm, Fri and Sat 8am to 9pm,  
Sun 2pm to 6pm

**Nambucca Valley Phoenix - 88 High Street**

Wednesday to Friday 8am to 2pm

**Pioneer Community Hall - 70 High Street**

Sat 9am to 1pm

**Soul Space - 41 High Street**

Wed to Sat 10am to 1pm Sat 9am to 1pm



# Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing  
Machines & Dryers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



## Frank Partridge VC Military Museum

Named in honour of Frank Partridge -  
the youngest and last Australian recipient of the  
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

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## ~ GARDENS & GARDENING ~

From Page 18

and it's needs is the plant tag! The tag that comes with your plants has important details like how big it will grow, how much light and water it needs and its growing 'habit'.

Habits refer to a plant's expected shape and growing behaviours, which is important if you're mixing and matching different plants in the same pot. And don't bother trying to keep track of all those tags - just snap a photo of it with your phone so you can reference it later.

### Tease twisted roots

When planting root-bound plants, "tease" the roots before putting them in their holes. Just use your fingers to loosen up the tangled roots, which will make it easier for your plant to make itself at home in its new container.

### Don't pack the soil

When burying the root balls of your plants, firm the soil around the plant without packing it down tightly. Packing the soil too firmly around a plant makes it harder for water, light, and air to get to the roots - so firm the soil around your plants just enough that they'll stay upright.

### Water after planting

It's important to water pots immediately after planting. Try to water as gently as possible to avoid doing any damage.

Completely soak the soil - you may have to water newly planted pots a few times until water comes out the bottom of the pot. If you're doing the planting and then moving the pots to their final destination, it'll be a lot easier to move them *before* watering.

### Elevate your pots

Once your pots are planted consider raising them off the ground by setting them on plant stands, casters, or 'feet'. This simple measure can help prevent damage and discoloration to decks, concrete and other surfaces while also promoting airflow and drainage to keep your plants happy and healthy.



## 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 ~

4/11

## FOOD HUB

Now at  
**St James'  
Church  
Hall**



**Friday, Saturday  
and Monday  
9.30 till 11.00**

**Everyone welcome**

N/C

- [www.onegoodthing.com](http://www.onegoodthing.com)



# Bowra Bulky Goods Collection 2021

Coffs Coast Waste Services will be conducting a household kerbside bulky good collection to residential properties that front the collection route in Nambucca Valley that receive a domestic kerbside bin service.

**PLEASE NOTE Acceptable materials only should be placed at the kerb no sooner than the weekend before the date of collection.** Materials placed out before or after the collection dates or in non-designated areas will be defined as illegal dumping with fines being issued by Council's Ranger under the POEO Act.

## **Zone 8 - Bowraville Monday, 7<sup>th</sup> June, 2021**

A maximum of three (3) cubic metres (approximately one (1) box trailer load) of household materials will be collected from each premise that front the collection route. **General household waste and scrap metal waste must be placed in separate piles. Material must not exceed 1.5 metres in length.**

Acceptable items: Soft furnishings, carpet and lino (generated from home), non-recyclable household items, mattresses, fridges, freezers, dishwashers, metal guttering, aluminium frames, household items of metal construction.

Unacceptable items: Domestic food waste, building materials, hazardous materials including paint and asbestos, medical waste materials, liquid waste materials, recyclable materials, tyres, plate glass and mirrors, gas bottles and oil heaters.

The community recycling centre located at the Nambucca Waste Management Facility caters for free disposal of e-waste items and other household hazardous items. Please contact the Waste Facility for further details on (02) 65 682 170.

**Enquiries to Simon Chapman, Civic  
Services Co-ordinator (02) 65 680 244**



# Bringing banking to your Community.

## Bank in-store today.

Australia Post provides the following services

- withdrawals
- deposits
- balance enquiries.

These services are available at Bowraville Post Office with more than 70 banks and financial institutions.

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.

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# *What's the difference . . . ?*

## **between A1 Milk & A2 Milk** - from page 14



### **Adverse claims about A1 protein**

Beta-casomorphin-7 (BCM-7) is an opioid peptide released during the digestion of A1 beta-casein. It's the reason why some people believe regular milk (A1) to be less healthy than A2 milk.

A few research groups suggest that BCM-7 may be linked to type 1 diabetes, heart disease, infant death, autism and digestive problems.

While BCM-7 may affect your digestive system, it's still unclear to what extent BCM-7 is absorbed intact into your blood.

Studies have not found BCM-7 in the blood of healthy adults who drink cow's milk, but a few tests indicate that BCM-7 may be present in infants.

While BCM-7 has been extensively researched, its overall health effects remain unclear.

### **Digestive health**

Lactose intolerance is the inability to fully digest milk sugar (lactose). This is a common cause of bloating, gas, and diarrhoea.

The amount of lactose in A1 and A2 milk is the same. However, some people feel that A2 milk causes less bloating than A1 milk.

In fact, studies indicate that milk components other than lactose may cause digestive discomfort.

Scientists have suggested that certain milk proteins may be responsible for some people's milk intolerance.

One study in 41 people showed that A1 milk causes softer stools than A2 milk in some individuals, while another study in Chinese adults found that A2 milk led to significantly less digestive discomfort after meals.

Additionally, animal and human studies suggest that A1 beta-casein may increase inflammation in the digestive system.

### **SUMMARY**

Growing evidence suggests that A1 beta-casein triggers adverse digestive symptoms in some people.

### **The bottom line**

Debate about the potential health effects of A1 and A2 milk is ongoing.

Research suggests that A1 beta-casein causes adverse digestive symptoms in certain individuals.

But the evidence is still too weak for any solid conclusions to be made about the supposed links between A1 beta-casein and other conditions, such as type 1 diabetes and autism.

That said, A2 milk could be worth a try if you struggle to digest regular milk.

- [www.healthline.com/nutrition/a1-vs-a2-milk](http://www.healthline.com/nutrition/a1-vs-a2-milk)



# Why cooking makes you happy



*Is cooking the recipe for mental wellbeing?*

Take mindfulness, creativity and a dash of focus. Fold together gently, bake in a slow oven and watch your spirits rise. Yes, your time spent in the kitchen can enhance your mood and promote mental wellbeing. While cooking is clearly a means to satisfy the body's need for food, it's increasingly being recognised as a way of nurturing the mind.

A study in the *International Journal of Humanities and Social Science* looked at the therapeutic qualities of cooking as a hobby, including its reported ability to cause a dimmed sense of time and an altered sense of consciousness. The researchers found that the act of cooking improves a person's wellbeing and is associated with life satisfaction. Additionally, they discovered that cooking was the best predictor of subjective happiness. For some, time spent in the kitchen engrossed in baking and cooking may be exactly the recipe needed for greater happiness and mental wellbeing.

## **Getting creative**

The kitchen offers endless opportunities to express your creativity and find your flow. Ever noticed how two people can follow the same recipe and end up with different results? Part of why this happens can be attributed to the invisible element that is part of every recipe: creativity. If you suffer from anxiety or low moods, cooking could help increase your happiness. Spending time in the kitchen can ease stress and restlessness, and enhance mindfulness, the study concluded.

## **Make your cake (and eat it)**

Not only does the process of cooking and baking improve moods, the feeling of satisfaction gained when seeing the end product naturally enhances happiness. You've created something tangible that can be enjoyed and shared, giving yourself a well-deserved sense of achievement. The outcome of cooking goes further than a sense of accomplishment – it can satisfy the emotional need for purpose and meaning in our lives. Cooking is a task that requires a combination of several skills – understanding and planning, attention to detail, using our memory and imagination, manual dexterity, creativity and style.

## **3 steps to bliss in the kitchen**

**Find your confidence first:** find something simple you enjoy making, and master it. Then move onto more difficult recipes.

**Grow your own ingredients:** picking fresh herbs and vegetables and adding them to your dish gives an even greater sense of pride and achievement.

**Cultivate mindfulness:** smell the ingredients, feel the texture, notice what happens when you mix different foods together. Take notice of all the senses.

- [www.wellbeing.com.au](http://www.wellbeing.com.au)





Presents the  
**Phoenix School of Arts**

Located at our beautiful facilities in Bowraville we offer a wide range of arts courses taught by professional artists and qualified adult educators. The Open Arts programs are for all members of the community while the Ability Arts courses are disability focused. Enjoy the benefits of arts practice and choose the course that is right for you!!

**10-week arts courses starting in May in Drawing, Painting, Ceramics and Glass Bead Making.**

Contact us for more information at [info@nvp.org.au](mailto:info@nvp.org.au) or 6501 0021.



**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.

**8am - 2pm Tuesday to Friday (Saturdays coming soon)  
88 High Street Bowraville NSW 2449**

For enquiries & bookings call 0490 350 241 or email [cafe@nvp.org.au](mailto:cafe@nvp.org.au)  
Follow us on socials @NambuccaValleyPhoenix

**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](mailto:nambuccaanglicans@tpg.com.au)

4/11

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

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

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

4/11

## Five ways to spot a scam call *Continued from page 17*

### 3. Take note of the time of day – is it a reasonable time for a trusted organisation to be calling you?

We know that scammers sometimes try to impersonate Telstra. As a reminder, if Telstra is legitimately calling you, we will only call between 9am–8pm Monday to Friday, and 10am–3pm Saturday wherever you are based and not on a Sunday. The exception to this is if you have an unpaid

account or a customer-initiated inquiry with respect to an order, fault or complaint – if so, someone from Telstra may call you outside of these hours. We will also never ask for control of your computer in an unsolicited call either.



**4. Is an unknown number or trusted brand trying to call you repeatedly?** This is a hallmark of a scam call. If you don't know the number, letting it go to voicemail is an option. If it's legitimate, they'll leave a message. We know that's not always realistic so if you can't screen your calls, be wary of calls from numbers you don't recognise or weren't expecting.

**5. The golden rule: if it sounds too good to be true, it probably is.** If someone is calling you about an opportunity or about winning a prize (especially one you don't remember entering!), it's probably a scam.

Remember, if you think you're receiving a scam call, just hang up. If you're not sure about whether you're speaking to a real business or a scammer, take their details and say you'll call them back. Whatever you do, **don't provide personal information or bank account information** to anyone who you weren't expecting a call from or don't know – regardless of who they say they are. A healthy dose of scepticism might just save you from a scam call!

If you think you might have been scammed, contact [HYPERLINK "https://www.telstra.com.au/consumer-advice/scam-phone-calls"](https://www.telstra.com.au/consumer-advice/scam-phone-calls)us – especially if the scam involved impersonating Telstra – and we can help secure your account.

- [exchange.telstra.com.au/five-ways-to-spot-a-scam-call](https://exchange.telstra.com.au/five-ways-to-spot-a-scam-call)

*Did you know?* E-mail SPAM is the unfortunate by-product of the digital age, the modern equivalent of the junk mail that gets delivered to your physical mail box, and nobody – except the people that profit from it – like it.

What many people may not know, however, is that SPAM e-mail is named after canned meat.

SPAM as you may know, is a brand of canned pork that has been in production by American company Hormel Foods Corporation since 1937.

Fast-forward to 1970 when a Monty Python sketch famously featured SPAM as its focus. The word “SPAM” was repeated time and again, no doubt in reference to its perceived ubiquity. In the early 90s, when the first unsolicited messages started going out in bulk, it reminded one Usenet newsgroup user of the SPAM skit from Monty Python.

The name stuck, and now, the word “SPAM” is commonly used to refer to unsolicited communications.

## Online Misogyny and Abuse - *Continued from Page 6*

### How do I know if online misogyny is happening to me?

Sometimes it can be hard to tell what someone actually means online or what their intention is. For example, when a guy you really like posts a comment about how sexy you are using a pic where he's down bloused you (taken a pic of your breasts/cleavage) without your knowledge or consent, it might be confusing. Is it a compliment or a form of online misogyny and abuse, or both?

To figure out how you feel about a scenario, there are a few questions you might ask yourself:

- While he might be sharing his appreciation of your body, do his actions communicate respect, boundaries, consent, trustworthiness, and care?
- What other images may have been taken or shared? How do you want to be portrayed online and who has power over this?
- What other behaviours or patterns might give you clues about his values, empathy, and character?

### Top 4 tips for women experiencing online misogyny and abuse

There are actions everyone can take to protect women from online misogyny and abuse. We can act individually and, in a group, in a multitude of ways, to address the harmful attitudes and beliefs that lead to violence against women.

1. **Secure your tech (accounts, devices, games, and social media)** using WESNET's Online Privacy and Safety Tips found within the Women's Technology Safety & Privacy Toolkit at [techsafety.org.au](http://techsafety.org.au).
2. **Ignore, block, and/or report the trolls and abusers if safe to do so.**

This may help you regain your voice. Most social media platforms have settings for ignoring, blocking or reporting abuse.

3. **Connect with others who will support and guide you.** This might include services like 1800RESPECT (1800 737 732) or your local domestic violence or sexual assault service.
4. **Prepare to take care.** Pause and prepare yourself before you read online comments or check messages from someone who has abused you. Consider going offline for a time to nurture yourself and regain balance, but don't be silenced. Sharing what you are going through with someone supportive may help.

### How can I help end online misogyny and abuse?

1. **Educate and motivate** others to **#knowtechabuse**. Follow WESNET on [Facebook](#) or [Twitter @WESNETAustralia](#) for information you can share.
2. **Learn** from women who are overcoming the fear and pain of online misogyny and abuse. Google them to hear and read their stories.
3. **Join us** as we support women and children and address issues at the intersection of violence against women and technology.
4. **Contact your** government representatives, tech companies, and influencers to voice your concerns and let them know that this issue is putting women at risk.
5. **Mentor** a young person. Give them encouragement and insight into how they can create a more equitable online and offline world for all.

- [techsafety.org.au](http://techsafety.org.au)



# BOWRAVILLE CENTRAL SCHOOL

## JUNE 2021

### Outstanding Cattle Team Success at Coffs Harbour and Bellingen Shows

The hard work by the BCS cattle team has paid off with some great results from the recent Coffs Harbour and Bellingen Shows. Getting back into the ring after only having 'online' events for the past 12 months, was exciting (and scary) for these keen students.

There were many highlights. Toria Kete achieved an amazing 100% in the cattle judging competition, this follows on from a 4th in open judging (highest in under 18) while Taj Judd (in his first time parading) was very excited to receive a ribbon in the Red Poll 16 months and over. Ethan Poulton achieved 4th in parader in his division. Hayley Rhodes and Gabby Stadhams also participated at Coffs Harbour. Josh Callaway received a 'second' ribbon with BCS heifer 'Quinn' and 1st place with Lacey Grey. Toria led Waratah Ember in the Under 16 months Heifer class where 'Waratah' was named champion heifer.

The event, though, that brought teacher, Lori Wilson to tears was at Bellingen when Josh won his parade class. Lori gushed 'Josh was just so good. He did such a great job – kept the head up, set the feet perfectly. It was the best ever'. Josh is an amazing competitor. Despite his physical challenges (Josh has Cerebral Palsy), he has worked hard since he was in Year 7, never giving up and always believing he could achieve at the same level as everyone else. In this event paraders have to take charge of a 400kg beast leading it around a ring – not an easy task for anyone. Josh has to do all this as well as making sure he maintains his balance. Teachers from other schools were quick to praise Josh. One of them insisted on getting a 'selfie' with him saying he uses Josh's story to inspire his students. (Josh's story is available on the ABC Website <https://www.abc.net.au/heywire/winners/> ).

Congratulations, however, must go to all the team with a special mention to Toria Kete who never stops working in the lead up to the events. Toria is generous with her encouragement and keen to mentor newcomers. The whole cattle team celebrates when any of their cohort do well. Their pride is evident in all they do. Teachers Lori Wilson and Kerry Kete and Farm Assistant Sharon Atkins also have given countless hours of their own time giving these students these wonderful opportunities to step out of their comfort zone and reap the rewards of hard work. What a team!



Josh



Josh



Toria



Taj



Taj

# St Jimmy's Christmas Lunch 2020

Apologies for the delayed Christmas thank you's but here goes....

The St Jimmy's Christmas crew once again put on a fabulous lunch for Christmas 2020 despite the added COVID confusion and restrictions.

Whilst the numbers were down due to uncertainties around these restrictions, the gathering made up for it with Christmas cheer. The venue was changed to the Bowraville Central School's under cover area for COVID reasons and proved so successful it will stay at the venue for this year's luncheon. Thank you to the Central School for the use of their grounds and for being so lovely.

The main meal was baked in the Bowraville IGA's new roasting oven by Dean Brown and Faith Dorrian who came to work in the wee hours to start cooking. They did a wonderful job, cooking the meat and vegetables to perfection. A great big thank you goes to the IGA, Dean and Faith for making this happen!!

We are grateful to all of the people and businesses who supported us with donations. Year after year the same people give and give again, so please remember to shop locally whenever you can!!

They were the Bowraville RSL Sub-Branch, Peter Thompson's Garage, Steve Grant Tree Services, Bernard Laverty Funerals, Bowraville Post Office, Nambucca Shire Council, Melinda Pavey MP, the Nambucca Heads Anglican Parish, Bowraville IGA and the Bowraville Pharmacy.

The last thank you goes to the beautiful volunteers who made the whole day such a delight. They organised, worked, cooked and served so well. Their dedication and happiness is what brings the event together. The deserts they prepared were nothing short of spectacular to the delight of all! The hilarious quiz questions, raffles, gifts and Tony Fuller's hosting skills were also a hit.

The Christmas Crew look forward to doing it all again for Christmas 2021!!





# Radio Nambucca 2NVR 105.9 fm and steaming via [www.2nvr.org.au](http://www.2nvr.org.au)



It's footy season and the 2NVR Sports Team is keen to keep you up to date on the sports show 'That's a Wrap' find them on Facebook @ThatsaWrap2nvr Game times may vary so follow the page to be 'on the ball'.

As Group 2 juggles their days and times, 'That's a Wrap' can be streamed via [www.2nvr.org.au](http://www.2nvr.org.au) by clicking on the button 'Sport Stream Here' or the 'Listen Now' button for normal program steaming.

Meanwhile, 2NVR continues to provide the monthly Live Music show 'Studio 3 Live'. Come along and be part of the live audience on the 3<sup>rd</sup> Friday of each month, 6-8pm. It's fun, family friendly and free, BYO refreshments and nibbles. The show is broadcast live and streamed via the 2NVR website.

On Friday June 18<sup>th</sup> 2NVR will welcome 'Looking for Lucy' founding member - Julie-Ann Glur, who recently settled on the Mid North Coast of NSW and over the past 12 months has been performing regularly around the Coffs Coast, presenting her uniquely branded – "Meadow Rock".

2NVR has recently welcomed some new trainee presenters, you will hear them on your airwaves as they gain experience and take on their own shows. If radio interests you contact Nuke on 0408 696 184. Studio phone 02 6564-7777.



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## Bowraville Chamber of Commerce and Industry Inc

Bowraville Chamber of Commerce meets at:  
The Bowraville Ex-Services Club at 5pm on the first Tuesday of each month.



The meeting provides an opportunity for businesspeople to introduce themselves and their business to others in the area.

Bowraville Chamber has productive relationships with Nambucca Valley Council and the Nambucca and Macksville Chambers of Commerce.

All welcome to come along, meet new people to stay informed, and to have input into with what is happening in our town and Shire.

More info: Call Pippa 0498 639 303

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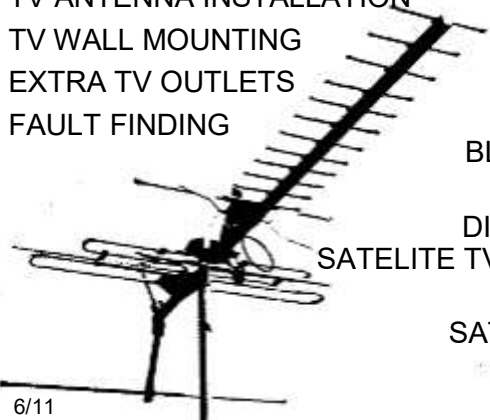
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# Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	<b>Music for a Monday Morning</b> EmmaG Energise your week with the EmmaG Music Show.	<b>Drive Thru</b> With Jackie Edmunds Mix of 60s, 70s to current music.	<b>2NVR Music Mix</b> <b>Gold at Breakfast</b> Dayna Gold Wake up with Dayna. It's gold.	<b>Under The Stinging Tree</b> Poppa All music, news, info...	<b>The Big Breakfast</b> With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend.	<b>Here Be Dragons</b> Nuke or Elizabeth No-fear fire and ice music.	<b>Beat the RETREAT</b> Sean & Pete All the beats and all the drum!	6 AM
7 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe Great Rock 'n' Roll 1950s-2010s	<b>Infopinion</b> Richard Laxton, Eddie Orrego & Ron Hawkins	<b>Isn't It Romantic</b> With Dallas Dent Crooners Easy Listening Popular Ballads	<b>Tones of Claressense</b> Claire Watt-Powell	<b>Talk Of The Town</b> Winter host DJ Macca See what's going down! All things local	<b>Hair Of The Dog</b> Mick Birtilles Rock, Pop, Covers and Music Trivia		7 AM
8 AM	<b>Baby Boomers</b> Donna Collins	<b>Roving with Linda</b> Bible reflections, Gospel & Australiana	<b>Lunch with Gazza</b> With Gary Biden Easy Listening To Rock & Pop	<b>Turning Pages</b> Elizabeth Newman	<b>Dano's Mixed Grill</b> Daniel Gosson Where anything can happen and probably will!	<b>Flashback</b> With Rob Davidson	<b>Phase Out With Faye</b> Faye Aspiotis	8 AM
9 AM	<b>The Weekley Fix</b> Paul Weekley	<b>Rock On</b> With Jimmy & the Bluebirds	<b>Just For You</b> Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	<b>Steve's Tracks</b> With Steven H	<b>Dhirendra</b> The Time Traveller Sounds from all over the place	<b>Garage Noise</b> With Sean Ambrose Alternative Music	<b>Praise, Prayer &amp; Pop</b> With Michelle Lots of Aussie music old and new	9 AM
10 AM	<b>Macca on a Monday</b> Les McIlhannon Playing Rock n Roll from the 60s, 70s & 80s	<b>Sister Act</b> Olivia & Sam	<b>MC Grim</b> Mark Seagrav Music with a wicked difference	<b>Turn Up The Volume</b> With Les McIlhannon Soft rock & listener requests	<b>Wind Down for the Weekend</b> Su & The Crew	<b>Saturday Roundup</b> With Rachel Burns	<b>That's A Wrap</b> Donna, Nigel, Mitch, Gary & Les Local sports results and in-depth analysis	10 AM
11 AM	<b>Bowra Beats</b> 2NVR Youth Radio with Grace	<b>Retro Birds</b> Robyn Wren & Sally Swan Not out of the box radio entertainment	<b>Tune in with Alex</b> 2NVR Youth Radio	<b>Thursday Country</b> Trickvic	<b>Rhino On The Radio</b> Eclectic, irreverent fun with more than a dash of insanity	<b>Two For The Money</b> Paul and Rachel Burns	<b>The AntisF Radio Show</b> Speculative fiction	11 AM
Noon	<b>Hinterland</b> Ben Walters	<b>Blues Soul Funk</b> Matt Lebrant & friends Blues, soul, funk and lively interviews.	<b>The AMRAP Music Show</b>	<b>Nambucca Valley Roundup</b> Retro	<b>The Panic Room</b> With the Voice of Panic Selected ear-chosen music	<b>Politics &amp; the Environment</b> Michael Jones Music, political and environmental issues	<b>Imagine This</b> Radio drama	Noon
1 PM	<b>Reggae Mixtape</b> With Fitzroy Music outside the usual 2NVR Multicultural Radio	<b>Soul Into Rhyme</b> Just get rapped with Matt	<b>Ant's Rock</b> Anthony Gamssey Solid Rock	<b>Highway Blues</b> With Retro When Only The BEST BLUES Will Do	<b>The Rhino Room</b> With the Voice of Panic	<b>New Releases Show</b> With Chris Coccait	<b>Prog Rock Playlist</b> Rhino The best of Progressive Rock	1 PM
2 PM	<b>Music Makers</b> With Yen Mixed music with featured artists	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>Nitelife</b> Daniel Gosson Six hours of local content from the 2NVR archives 2006 to now	<b>The Rhino Room</b> With the Voice of Panic	<b>Wolffy</b> Wolffy's music & requests	<b>2NVR Overnight Music Mix</b>	2 PM
3 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	3 PM
4 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	4 PM
5 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	5 PM
6 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	6 PM
7 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	7 PM
8 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	8 PM
9 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	9 PM
10 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	10 PM
11 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	11 PM
Midnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	Midnight

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 Sunday live footy calls may override 2pm-8pm The Best Little Station In The Nation