

BOWRAVILLE COMMUNITY NEWS

Produced by the Bowraville Technology Centre

39 High Street, Bowraville 2449 Tel: 6564-7420 admin@bctc.com.au www.bowraville.nsw.au

JULY 2022 ~ ISSUE #208 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

NAIDOC WEEK 3-10 JULY 2022



**GET UP!
STAND UP!
SHOW UP!**

3-10 JULY 2022

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples.

NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

You can support and get to know your local Aboriginal and/or Torres Strait Islander communities through activities and events held across the country.

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

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

2020 ADVERTISING CHARGES:

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

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

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

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

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

Front Cover (1 issue) - \$60 issue

ALL ADVERTISING ENQUIRIES TO
cherieodonohue@bowraville.nsw.au

DEADLINE FOR COPY FOR

THE AUGUST 2022

ISSUE IS: 4:00PM

TUESDAY, 23RD JULY 2022

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

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

**ADVERTORIAL and GENERAL
CONTENT ENQUIRIES to**
wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

Bowraville Services Australia Agency

At the Bowraville Technology Centre we now offer a service for the entire community providing access to Centrelink, Medicare and Child Support through computer access.

We provide free fax and email as well as the downloading and uploading of documents to most Government Departments. **Access is available from 9:30am to 3:45pm Monday to Friday.**

Also available is personal assistance from one of our trained volunteers on Mondays and Wednesdays (between 10am and 1pm) and Fridays between 10am and 2pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

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

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



Australian Government
Services Australia



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



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**

“Be who you are and say what you feel, because those who mind don’t matter, and those who matter don’t mind.”

— Bernard M. Baruch

*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.



NAIDOC WEEK EXHIBITION at PHOENIX GALLERY

Saltwater Freshwater Exhibition

Saltwater Freshwater are putting together a selection of their photographs from their last festival.

Exhibition runs from 1st to 26th July 2022

Phoenix Gallery—88 High Street Bowraville

BOWRA COUNTRY MARKET

SATURDAY ~ 9TH July ~ 9am to 1pm

Pioneer Community Centre, 88 High Street



TRASH & TREASURE MARKET

Saturday 30 July 2022, 9am to 12 noon

Pioneer Community Centre, 88 High Street



NEW BARBER SHOP OPEN FOR BUSINESS

In the old Le Maroc premises - See page 8



WINTER SCHOOL HOLIDAY PROGRAM

From 5th July to 15th July at PHOENIX Bowraville

See page 25

*Do you have photographs or stories to share about the past, present and future that would interest visitors to our town?
If you have please contact us at: hello@visitbowraville.com*

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

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

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

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

6/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

6/11

Tech Companies Rally to Help Ukraine



As Ukraine continues its battle against Russian aggression, tech companies around the world are offering resources and expertise to help the people of Ukraine and millions of displaced refugees.

As the world watches the Russian invasion of Ukraine taking place in real time, leading tech companies have launched initiatives to support Ukrainians as they resist Russian aggression.

From combatting misinformation, to facilitating contact with the outside world, to providing humanitarian aid to organizing fundraisers, these companies are leveraging their resources and expertise to aid in Ukraine's fight for sovereignty.

Ukraine Is A Hotbed Of IT Talent

During the Cold War, Ukrainian nationals like Valentin Glushko and Vladimir Chelomey were at the forefront of the development of rocket technology and spaceflight.

Following independence in 1991, Ukraine has continued to emphasize science and technology, with the 2015 Law on Scientific and Technical Activities reinforcing institutional support for a national innovation system.

This has led to significant growth in the information and communication technology (ICT) sector, which accounts for more than 40% of the country's total exports.

A 2020 study by DAXX found more than 200,000 tech specialists in Ukraine, with roughly 85% working in software development.

Since the outbreak of hostilities, dozens of companies have sought to hire some of the 10 million displaced Ukrainians via websites like Remote Ukraine.

Google Leveraging Resources to Assist Ukraine

In the days following the February 24 Russian invasion, Google's charitable division, Google.org, contributed \$15 million in donations and in-kind support to aid relief efforts in Ukraine. That includes \$5 million in employee matching contributions and \$5 million in direct grants.

On March 4, Google committed an additional \$10 million to help organizations delivering both immediate aid and longer-term assistance for refugees in Poland.

Google's security teams have been working to protect Ukrainian users and government agencies from DDoS attacks which targeted, among others, the Ministry of Foreign Affairs, Ministry of Internal Affairs and Liveuamap, which is a service designed to help people find information.

Ukrainian news services are among more than 150 in-country websites now protected under expanded eligibility for Project Shield, a free service provided by Google to

Continued on Page 28

WHAT'S HAPPENING IN BOWRA

NAIDOC EXHIBITION
of photographs from the
Saltwater Freshwater Festival
at Phoenix Gallery
from July 1st to 26th.

Bowra Country Markets
Every 2nd Saturday of Month
Pioneer Community Centre
9am to 1pm

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 6pm

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

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

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 3/11


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

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



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

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

5/11

FREE POOL Everyday

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

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

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

5/11

BARBER SHOP

As you cross from the pub and walk up the hill you pass the laundromat, the hairdresser, the bcu and the Technology Centre - then the inspirational Soul Space . . . and further up at number 47 . . . Le Maroc coffee shop has been transformed into a Barber Shop.



Bowra's new barber Nathan, came to the area some time ago and has been inspired by the ambience of the area to set up a barber's shop in this light-filled heritage space – perhaps even room for a barbershop quartet one day!

The building was originally a butcher shop and the old solid brick cold store with its thick bevelled wooden door is still in the side of the building. The space certainly has wonderful potential and its evolution will be interesting.

Nathan started his apprenticeship as a hairdresser/barber when he was just 16 and has had barber shops in the Canberra area. He is a very experienced cutter and shaver.

Until the end of July there is an opening special of just \$15 per cut, but unlike many barber shops, you need to have an appointment rather than just walking in.

Bookings are available for haircuts from 7am to 7pm, 7days a week and may be made on facebook or Instagram at nambuccavalleybarbershop, by ringing Nathan on 0477 398 361 or by calling in when you see he is there.

More HAPPENING ON HIGH on page 17



Pioneer Community Centre B.C.D.A.I.

~ In the heart of Bowraville ~

Every Saturday - Sewing Circle - 10am to 2pm

Every Saturday - Painting of the front of the building - 2pm to 4pm

Every Tuesday evening - Line Dancing with Rhonda

Every Thursday - 3 classes, morning, afternoon and evening -
Watercolour classes with Hanh

Every Saturday - Watercolour classes with Hanh, 3pm to 5pm

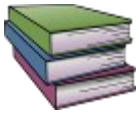
2nd Saturday of the month - Bowra Country Markets - 9am - 1pm

Seeking a volunteer Markets Manager, volunteer Hall Manager,
volunteer Grants writer and volunteer Secretary and, last, but not least -

Seeking contact with all NFPs / community organisations in Bowraville
for discussion regarding how your group can work and share with
BCDAI for the benefit of the whole community.

Find us on Facebook. Enquiries to Marion 0400 828 471

bcdainc@gmail.com



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Death Mask

By Kathryn Fox

The fifth Dr Anya Crichton book from Kathryn Fox, *DEATH MASK* combines Anya's forensic physician role with an



exploration of professional sport and sexual misconduct. Sexual misconduct is too mild a description really - this book explores the very murky world of mob-behaviour, gang rape, drug abuse, violence and professional sport.

Set mostly in America, the behaviour is something that Australian's are also more than aware of, the poor behaviour of many professional sports people hitting the headlines here with distressing regularity.

Detective Forensic physician Dr Anya Crichton is presented with a patient who has returned from her honeymoon with multiple sexually transmitted infections.

Her husband has none of them. She

tearfully denies having had any other partners and Anya believes her. Is this a medical phenomenon or has something more sinister taken place?

Anya's investigations into the case leads to a ground breaking study that attracts international attention. Her expertise leads to an invitation to New York to address over three hundred football players in the USA Professional League.

The enigmatic private investigator Ethan Rye is assigned to assist Anya during the summit. When an alleged rape involving five football players takes place, Anya is commissioned to investigate.

She is immediately thrust into a subculture of violence, sexual assault and drug abuse. No one is what he or she seems.

Anya soon discovers a devastating truth about the players that threatens to shut down the eight billion dollar football industry. Now lives, including her own, are in danger.....

- www.austcrimefiction.org

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

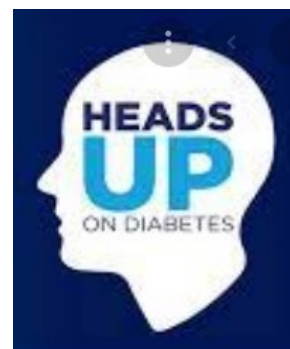
Operating on the same basis as our very popular Book Nook, ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.
A limit of 2 DVDs per borrower.

Diabetes and the awareness of *diabetes related stigma*

The ‘Heads Up on Diabetes’ campaign is focusing on challenging diabetes related stigma.

Research conducted by the Australian Centre for Behavioural Research in Diabetes (ACBRD), found that four out of five people living with diabetes have experienced stigma at some point. People living with type 1 and type 2 diabetes both reported feeling this way.

It can lead to people not sharing their diagnosis with others, getting the help and support they need, being interested to learn more about their diabetes or doing what they need to do each day to manage their diabetes and stay well.



There are many reasons someone might feel stigma. It can be because they feel misunderstood, judged, blamed or even made to feel guilty about their diabetes. Mentally this can be a lot to deal with, and can impact how someone manages their diabetes. This can have a flow on effect to their physical and emotional health.

Diabetes Australia CEO Professor Greg Johnson says diabetes has a stigma problem. “Stigma can have a significant impact on a person’s mental health and their ability to manage their diabetes,” he said.

“This stigma can mean people with diabetes disengage from their diabetes healthcare which can lead to an increased risk of serious diabetes-related complications.”

Some examples of the ways that people with diabetes experience stigma include:

- being blamed for causing their diabetes or its complications
- being judged, e.g. when eating certain foods
- being treated differently, e.g. stares or comments when they inject insulin, have a hypo, eat certain foods
- self-blame and shame for having diabetes

Because of stigma (or fear of stigma), people with diabetes sometimes hide their condition from others. This is because they:

- fear being judged or blamed for causing their condition
- do not want to deal with people’s misconceptions about the condition and how to manage it (e.g. around food choices and treatments)
- do not want to answer lots of questions about diabetes
- do not want to worry or shock people, or attract sympathy
- fear of being discriminated against
- wish to distance themselves from society’s negative portrayals of people with diabetes.

- www.diabetesaustralia.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



2022
is shaping a
up to being a
serious flu season
so it's even more
important you get
your FLU SHOT NOW.

HELP STOP THE FLU IN 2022

THIS YEAR, IT'S EVEN
MORE IMPORTANT TO GET
THE FLU VACCINE

**The INLUENZA Vaccine is FREE
to those over 65 years of age
and is recommended for
everyone aged
6 months and over.**

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



Fatigue after COVID is way more than just feeling tired

People are often surprised by how fatigued they are during a COVID infection.

Fatigue is more than being worn out or sleepy. It's an excessive tiredness that persists despite resting or good sleep. It's likely a result of our body's strong immune response to the virus.

But in some people the fatigue drags on even when the infection is gone. This can be debilitating and frustrating. Simply resting more makes no difference.

Here's what we know about post-COVID fatigue, and what can help.

Fatigue or tiredness? What's the difference?

The term fatigue can mean different things to different people.

Some people mean their muscles are easily weakened. Walking to the mailbox feels like they have run a marathon. Others describe a generalised exhaustion, whether they are moving or not. People can experience physical, mental or emotional fatigue, or any combination of these.

The difference between tiredness and fatigue is this: tiredness can get better with enough rest, while fatigue persists even if someone is sleeping and resting more than ever.

How big a problem is this?

Because there is no agreed definition of post-COVID fatigue it's impossible to give exact numbers of how many people experience it.

Estimates vary considerably worldwide. One review of 21 studies found 13-33% of people were fatigued 16-20 weeks after symptoms started. This is a worryingly widespread problem.

When should I see my GP?

There are many potential causes of fatigue. Even before the pandemic fatigue was one of the most common reasons to see a GP.

Most serious causes can be ruled out when your GP asks about your symptoms and examines you. Sometimes your GP will investigate further perhaps by ordering blood tests.

Symptoms that raise particular concern include fevers, unexplained weight loss, unusual bleeding or bruising, pain (anywhere) that wakes you from sleep or drenching night sweats.

If your fatigue is getting worse rather than better, or you cannot care for yourself properly, you really should seek medical care.

Is it like long COVID?

Early in the pandemic, we realised some patients had a cluster of debilitating symptoms that dragged on for months which we now call long COVID.

Some 85% of long COVID patients experience fatigue making it one of the most common long COVID symptoms.

However, people with long COVID have a range of other symptoms, such as "brain fog", headaches and muscle aches. Patients with long COVID therefore experience more than fatigue and sometimes don't have fatigue at all.



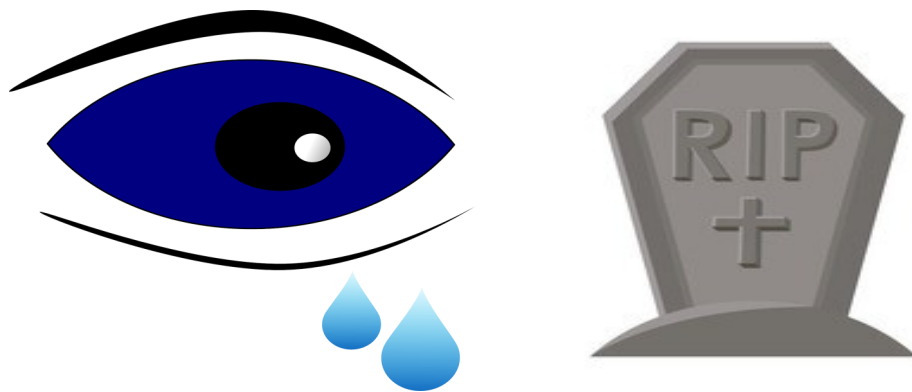
Continued on Page 20



Bowraville Lions Club Inc
News Bulletin
JULY 2022



**This may well be the last edition
of the
Lions News Bulletin!**



**Due to health issues and also members
relocating to other areas our club is about
to drop below the number of
members needed to have a local Lions Club.**

You can help save our club

Please call us to find out how you can help

President Greg Lamberth M: 0428 679 820

Secretary Mark Scott M: 0428 527 545

*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.

Gardening for Self-Care

*The wellness
tool we all need
right now.*



*Gardening is a powerful self-care tool
that can ground and centre you in times
of uncertainty.*

Sowing the seeds of a wellbeing mindset begins with getting your hands in the earth. Gardening naturally boosts your mood; it nurtures relationships, promotes a healthy lifestyle and reduces your environmental impact.

It also gets you physically fitter. With gardening activities such as pulling weeds and planting you'll burn around 630 kilojoules per half hour according to Fitness Australia, the national health and fitness industry association. And it will help to improve your flexibility, endurance and stamina. When gardening you're also being exposed to fresh air and vitamin D both of which are essential to good health.

During the global pandemic gardening became a way for many to work their way through the chaos and confusion. They couldn't control what was happening on the world stage but they could do something. Seeds and seedlings flew off the shelves as novice gardeners flexed their green thumbs and turned urban patches of dirt into leafy productive gardens to feed their families. Community gardens flourished and friendships bloomed as neighbours swapped seedlings and cuttings.

Amid the flurry of digging, sowing, planting, weeding and harvesting a collective consciousness emerged. People realised that gardening is also a powerful self-care tool that serves to ground us in times of uncertainty.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

4/11

Continued on Page 16

TRASH & TREASURE MARKET

**Saturday 30 July
9am – 12 noon**

Pioneer Community Centre
Bowraville



Come along & grab a bargain or 3

Why not book a stall, and sell
some of your stuff?!?!?

Bookings: 0400 828 471 or
bcdainc@gmail.com

Stall fees: \$5 per table (if you have
insurance or are BCDAL member),
otherwise \$15.

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



3/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott



6/11



Email:
bowraville@lionsdistrict201N1.org.au
PO Box 23 Bowraville NSW 2449

Bowra Laundromat

Corner of High & Belmore Streets

**Token Operated Washing
Machines & Driers.**

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



6/11

Natural Neem Oil Garden Insect Spray



From Page 14

Many have now learned that in troubling times we can seek solace in nature. They've discovered what Hannah Moloney, director of Good Life Permaculture and ambassador for Community Gardens Australia has perhaps always instinctively known. "I don't know what I'd do without gardening," she says. "I think I'd feel lost; it's a touch point for me to remind me who I am; it's quite profound," she says.

Moloney says COVID-19 was a huge shock for everyone but those who had or built edible gardens had a level of resilience. "We had a whole landscape of food and while the shops were running out of fresh produce we were giving it away to our friends and our community as we had so much to share."

Home-grown therapy

The practice of horticulture therapy - the understanding of how plants and gardening can improve physical and mental wellbeing has been around a while. According to the Australian and New Zealand Mental Health Association, in ancient Egyptian times physicians would prescribe walks in the garden to alleviate anxiety and worry.

Karen Gray, horticulture therapist and co-author of *Nature Heals*, says horticulture therapy is empowering because it gives people with anxiety, depression or a disability a purpose and a focus outside themselves which helps them reconnect with life. "I've worked with young adults who'd never experienced growing anything and witnessed pure joy as they grow a lettuce for the first time - their confidence grows as they realise 'I can achieve something. I can keep a plant alive and I can grow food for my family,'" she says.

This article continued next month.

An oil extracted from the seeds of the neem tree is a powerful natural insecticide, capable of disrupting the life cycle of insects at all stages (adult, larvae and egg), making it a great resource for the organic gardener.

Neem oil acts as a hormone disruptor and as an "antifeedant" for insects that feed on leaves and other plant parts. Neem oil is biodegradable and is nontoxic to pets, birds, fish and other wildlife and is effective against a variety of common garden insect pests as well as being a natural fungicide that can combat powdery mildew and other fungal infections on plants. It can be found at many garden stores or natural foods markets.

To use neem oil as an insecticide either follow the instructions on the bottle or start out with a basic mixture of two teaspoons neem oil and one teaspoon of mild liquid soap shaken thoroughly with one quart of water. Spray on the affected plant foliage. Neem oil can also be used preventatively by spraying the leaves of plants that are often ravaged by pests, before they're actually infested.

- www.treehugger.com

- by Carroll Baker - www.wellbeing.com.au

~ **More HAPPENING ON HIGH** ~

INDIAN FOOD *plus* good COFFEE



At the IGA supermarket the hot food bays now have a delicious array of Indian meals including curries, rice and pakoras available after about 11am until closing time. Earlier in the morning the bays have snacks such as tasty chicken pieces.

Next to the hot food bays there is a new coffee machine which means that visitors and locals alike can get a takeaway fresh hot brew from early morning until night-time seven days a week.

Sunny, the supermarket manager, said the coffee machine was installed in response to enquiries by visitors asking where they could get a coffee in town especially on Sundays when both of our special museums are open but the lack of other facilities are often lamented.

Great progress for our town centre - and stay tuned as more is anticipated in the near future.



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.

6/11

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.

Why we should NOT BURN PLASTIC waste

Burning plastic smells awful and is dangerous to breathe. It gives you a choking feeling... which is no surprise when you know that plastic is basically made of oil and gives off toxic fumes when it burns.

Burning plastic releases toxic gases like dioxins, furans, mercury and polychlorinated biphenyls (better known as BCPs) into the atmosphere and poses a threat to vegetation, human and animal health.

Dioxins settle on crops and in our waterways where they eventually enter our food and hence our bodies. These dioxins are potentially lethal persistent organic pollutants that can cause cancer and disrupt thyroid and respiratory systems.

Phthalates, the very chemicals that give plastic their desirable qualities - flexibility and softness - are endocrine disruptors, associated with a plethora of health problems from fertility issues and neonatal impacts on babies to allergies and asthma.

Burning of plastic waste increases the risk of heart disease, aggravates respiratory ailments such as asthma and emphysema and cause rashes, nausea or headaches and damages the nervous system.

Burning plastic also releases black carbon (soot) which contributes to climate change and air pollution.



What we can do with waste plastic

Soft Plastics Recycling

In Australia, soft plastic packaging can't be recycled through most kerbside recycling services. But if it scrunches then it can be recycled through REDcycle which means it's kept out of landfill (not to mention our beaches, rivers and parks).

But best of all - It gets made into something useful! So your chip packets, ice-cream wrappers, bread, rice and pasta bags can all go on to lead another life!

RED Group is a Melbourne-based consulting and recycling organisation who has developed and implemented the REDcycle Program; a recovery initiative for post-consumer soft plastic.

Types of soft plastics that can be recycled via REDcycle are:

Shopping bags including reusable 'green' bags.

Fresh fruit and veggie bags and wrappers, bread bags.

Cereal box liners.

Biscuit wrappers and confectionery packaging, rice and pasta packets, frozen food bags.

Continued on Page 26

Podcasts to boost mental wellbeing



With the past several years feeling like it has served up endless bad news the mental health of many has taken a hit so it's essential to take the time to focus on self-care.

A great way to do so is by tuning in to a podcast designed to improve mood and resilience. These four podcasts will get you well on your way to a more positive frame of mind.

Resilience Real-Time with Peta Sigley

Resilience Real-Time is a fortnightly 15-minute podcast providing listeners with practical, evidence-based tips and tricks to build resilience, boost mental wellbeing and unlock high performance.

It's hosted by Springfox's Chief Knowledge Officer Peta Sigley, a resilience expert with over a decade of experience helping people and organisations build resilience and thrive through positive psychology, cognitive behaviour therapy, emotional intelligence and neuroscience. Her advice on the podcast is practical and has the potential to be life-changing if applied.

The podcast is available on all streaming platforms. The first four episodes are available at the Spotify landing page.

Eudaemonia Podcast

Eudaemonia is a classical Greek word best defined as "human flourishing". Each episode focuses on a characteristic or daily habit that can enhance our experience of life. Through offering inspiring examples and interviews with researchers and experts, the podcast explores how we can integrate these elements into our lives and communities and begin to flourish.

Eudaemonia is hosted by Kim Forrester, an award-winning author, educator and consultant, she combines cutting-edge science with spiritual philosophy to inspire holistic wellbeing and fullness of living.

The podcast is available on all streaming platforms.

Crappy to Happy

Crappy to Happy is the podcast for people who may be feeling low in energy, mood or motivation and can't figure out exactly why. The show addresses topics such as escaping the cult of "busy", overcoming emotional eating, taming self-criticism and perfectionism, achieving goals and ending self-sabotage.

Cass Dunn, a clinical psychologist, chats with interesting and inspiring guests to

Continued on Page 26

Fatigue after COVID - *Continued from Page 12*

Is this like chronic fatigue syndrome?

We knew about chronic fatigue syndrome, otherwise known as myalgic encephalomyelitis (ME) well before COVID.

This often develops after a viral infection (for instance after infection with Epstein-Barr virus). So, understandably, there has been concern around the coronavirus potentially triggering chronic fatigue syndrome.

There are striking similarities between chronic fatigue syndrome and long COVID. Both involve debilitating fatigue, brain fog and/or muscle aches.

But at this stage researchers are still untangling any link between post-COVID fatigue, long COVID and chronic fatigue syndrome.

For now, we know many people will have post-COVID fatigue but thankfully do not go on to develop long COVID or chronic fatigue syndrome.

Expect you or a loved one may develop post-COVID fatigue regardless of how unwell you or they were during the actual infection.

Vaccines help reduce the risk of post-COVID fatigue by lowering the chance of catching COVID in the first place. Vaccinated people who do catch COVID are less likely to report fatigue and are less likely to develop long COVID.

However, vaccination is not 100% protective and there are plenty of fully vaccinated people who go on to develop longer term fatigue.

5 ways to deal with post-COVID fatigue

The evidence for what helps you recover from post-COVID fatigue is in its infancy. However, a few things do help:

1. Pace yourself: adjust the return to normal activities to your energy levels. Choose your priorities and focus on what you can do rather than what you can't.
2. Return to exercise gradually: a gradual return to exercise may help your recovery but you may need some support about how to manage or avoid fatigue afterwards. Some therapists – occupational therapists, physiotherapists and exercise physiologists – specialise in this. So, ask your GP for a recommendation.
3. Prioritise sleep: rather than feeling guilty about sleeping so much, remind yourself that while you sleep your body conserves energy and heals. Disrupted sleep patterns are an unfortunate COVID symptom. Having a strict bedtime, while also resting when you feel tired during the day, is important.
4. Eat a range of nutritious foods: loss of smell, taste and appetite from COVID can make this tricky. However, try to view food as a way of fuelling your body with both energy and the micronutrients it needs to heal. Be careful not to spend a fortune on unproven “remedies” that often look good in small studies but more robust research finds make little difference
5. Monitor your fatigue: keep a diary to monitor your fatigue and look for a gradual improvement. You will have good days and bad days, but overall there should be a slow trajectory towards recovery. If you are going backwards get input from a health professional such as your GP.

- www.mindfood.com



BOWRAVILLE AND DISTRICT EX-SERVICES CLUB LTD

ACN 001 062 844 ABN 92 001 062 844

PO Box 7
BOWRAVILLE NSW 2449
Email: bowsercl@bigpond.com

57 High Street
BOWRAVILLE NSW 2449
Phone: 6564 7304 Fax: 6564 7834



Australian Government

MEDIA RELEASE 7 June 2022

BLACK SUMMER BUSHFIRE RECOVERY GRANT RESCOPE APPROVAL

Bowraville and District Ex-Services Club are pleased to announce the approval of their rescoped application to the Black Summer Bushfire Recovery Grants Program. This project received grant funding from the Australian Government.

The total amount of the grant is \$1,786,800. The project will upgrade and secure power, communications and amenities at the Club to provide support to members of the local community affected by natural disaster.

The grant funding will upgrade the Club's power infrastructure including installation of additional roof solar panels, and provide independent and reliable 24x7 communications and power via a battery bank, diesel generator and satellite communications facility. An external LED sign will provide emergency updates to the community.

The funding will also create a designated extension to the Club which will include a commercial kitchen adjacent to a large, covered seating area to cater for affected members of the community. The extension will also contain an amenities block – including showers, toilets, baby change and disabled access – which will be usable by affected persons during times of crisis. A secure children's playground will be adjacent to the seating area.

The Club will also use the funding to purchase a four-wheel-drive bus to assist in the transport of affected persons through adverse and deteriorating conditions, as well as enhancing medical support through the purchase of defibrillators and other first aid resources.

The incoming Board are looking forward to guiding the project to completion to establish the Club as a focal point and support hub for the community in times of natural disaster.

Further enquiries should be directed via email or phone to the Club's Secretary-Manager, Daniel Summerville.

Contact:
Bowraville and District Ex-Services Club Ltd
Daniel Summerville
M: 0488 162 171
E: bowsercl@bigpond.com

Soul Space 2022

There is a shop in Bowraville with the name **Soul Space**. You can find it on High Street. When the shop is closed you see a colourful roller door depicting the hills around Bowraville. Inside it is also colourful as well and full of surprises.

We are a group of volunteers working together, to keep the **Soul Space** ideal alive.

On Tuesdays Ingrid looks after the shop (Monday it is closed). Ingrid is a weaving women and she works with natural fibre. She is often weaving in the shop, making the most beautiful baskets.

On Wednesday there's Nelly and Jeanne. Nelly has her Art Class in the back space and when she is not volunteering she is a mural artiste and art teacher. Jeanne is a multi-talent - she can make nearly everything from barista coffee to textile dying to being a qualified nurse and much more.

Also on Wednesday . . . the veggie boxes from Autarky Farm are placed in **Soul Space** for collecting - there is a lot to look after.

Thursday morning Osho volunteers - she is the creator of the wonderful cosmetics line "Botanical Blessings" which you can find in the shop.

Friday morning is Margrit, a multi-media artiste more known for working with her late husband Claude making light sculptures and masks.

Saturday is our new member Star, she is an all-round creative women and we are very happy to have her.

A big thank you to Mossy - without her, the shop would not be possible.

In **Soul Space** we sell art and craft made by people from Bowraville and around the Globe. Items must be handmade, unique, not for profit, ecologically sustainable - the vintage cloth should of natural fibres (if possible), there's also fruit, vegetables and preserved things, all from local people.

If you are creative, make or bake things or have good vintage clothes, bring them along to sell.

Have a stickybeak any time, and if it's only for a chat, you are always welcome.

**Open: Tuesday 10am to 3pm / Wednesday 10am to 5pm / Thursday 9am to 12 am
Friday 10am to 1 pm / Saturday 10am to 1 pm.**

**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

3/11

**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.**

3/11

BOWRAVILLE CENTRAL SCHOOL

JULY 2022

‘BowraChef’ with Year 9/10 Food Technology

BCS Food Technology class is supporting our former student Billie McKay (winner of MasterChef Season 7 in 2015) as she has just made it to the top ten finalists in this season’s ‘Fans and Favourites Australian Masterchef’.

The Food Tech Class is incorporating the ‘BowraChef’ concept into the Food Trends unit of work and making dishes from mystery boxes, completing pressure tests and taste tests. We also have the school garden and green wall of herbs in play as well as an open pantry.

Students are learning about the origins of produce, cooking methods, storage, plating techniques and garnishing. They are also researching famous chefs and food trends including the paddock to plate concept, nose to tail cooking, vegan diets as well as animal ethics and welfare, emerging technologies, sustainability and the role of social media in food styling and trends.

Homework consists of watching ‘Masterchef’ so we can recreate dishes and challenges at school in our ‘BowraChef’ kitchen.

We are excited to see Billie progress through the competition and then return to BCS to complete a mystery box as she did after winning Season 7.

Good luck Billie - BCS is cheering for you!





**BOWRAVILLE COMMUNITY DEVELOPMENT ASSOCIATION
INCORPORATED (BCDAI)
Pioneer Community Centre
70 High Street – in the heart of Bowraville**

Monthly meetings, 1st Monday of each month, 4pm in winter months.
Welcoming community participation.

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

Slow Stitching is held every Thursday, 10am – 2pm, in the hall and on the back deck. Bring your own craft project. Enquiries: 6564 4168

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

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

Volunteers wanted. Do you have skills to share?
Administration, Barista, Book-keeping/Treasurer, Building maintenance, Fundraising & events, Marketing, Social Media and Team Leadership are all highly valued and welcomed to take this community organisation into the future.

TRASH & TREASURE MARKET
Saturday 30 July 2022, 9am to 12 noon

Find us on Facebook.
Enquiries to Marion 0400 828 471
email: bcdainc@gmail.com

WINTER SCHOOL HOLIDAY PROGRAM JULY 2022

WEEK ONE

Tuesday 5th July

10am to 2pm

MUD CLUB

Slab construction, pinch pots and coil building.

Wednesday 6th July

10am to 2pm

MUD CLUB

Learn how to make ceramics from slip moulds.

Thursday 7th July

10am to 2pm

IMAGINARY PLANTS

Drawing and mini sculptures.

Friday 8th July

10am to 2pm

IMAGINARY PLANTS

Mini sculptures, painting & decorating.

Saturday 9th July

Phoenix is open 9am to 2pm

WEEK TWO

Tuesday 12th July

10am to 2pm

MUD CLUB

Painting and decorating ceramics.

Wednesday 13th July

10am to 2pm

MUD CLUB

Decorating ceramics.

Thursday 14th July

10am to 2pm

IMAGINARY PLANTS

Sculpture, drawing and cutouts.

Friday 15th July

10am to 2pm

IMAGINARY PLANTS

Cutouts, painting and installation around Phoenix garden.

Saturday 16th July

Phoenix is open 9am to 2pm

Come and view the new art creations while enjoying a delicious meal and drink at our café.

This is a free event, bookings are essential.

Contact Phoenix on 6501 0021 to register.

Max 10 students per day - Ages 12-24

LIGHT LUNCH PROVIDED Tuesday to Friday.

Bowraville

Chamber of Commerce News

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.

For over 100 years this local organisation has worked with the community and the Council towards the betterment of our town – our common future.

A current project of the Chamber is the development of an RV camping site within easy reach of the town centre. The Council has just supported a very successful 3-month trial for overnight stays at McKay Park and we are working with them towards the next stage. This relates to the Chamber supported development of the visitbowraville.com website which aims to provide a tourism friendly online resource with pages on where to stay, where to eat and what to do – check it out. To add your business contact hello@visitbowraville.com. This is a visitor focused site, an adjunct to the bowraville.nsw.au that the Bowraville Technology Centre maintains.

An ongoing concern is the future health and prosperity of our town so as well as looking to business we are interested in the evolving ideas for the redevelopment of our High Street from the school to the Phoenix building.

As the financial year is just beginning the cost of joining is \$20 for individuals and not-for-profits and \$40 for businesses. Meetings are held at 5pm on the first Tuesday of each month at differing venues around town – this month it is the pub on 5 July. Phone 0401481501 for enquiries.

Of course, you don't need to be a member to attend meetings as everyone is welcome but membership gives you voting rights and helps to support the organisation. Come along this week and check it out.

Membership form on back of this page.



Bowraville Chamber of Commerce
ABN 94 163 691 71
c/- 39 High Street Bowraville NSW 2449
bchamber769@gmail.com

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.

MEMBERSHIP APPLICATION

☐ New member

☐ Membership renewal

☐ Business \$40

☐ Not-for-profit \$20

☐ Local \$20

Membership is for the financial year so renewals are due at end of June.

Membership charge is reduced 50% after January.

New members must be ratified at Meeting

Business name _____ ABN _____

Name _____

Address _____

Postal address if different from above

Email address _____ Phone _____

Signature _____

Please return completed application with payment to the above address or email form to bchamber769@gmail.com and transfer payment to:
BSB 932000 - Account 100475482 - Reference your name.

For Chamber Administration only

Date Application received _____ Date payment received _____

Payment type _____ Receipt Number _____ Meeting date _____



What's on in JULY 2022

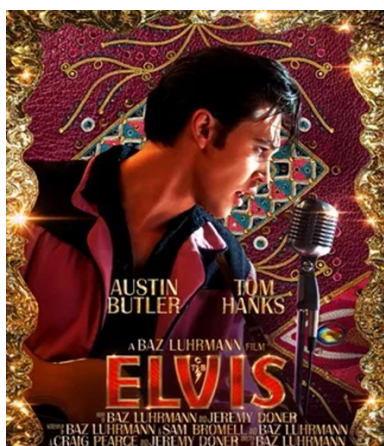
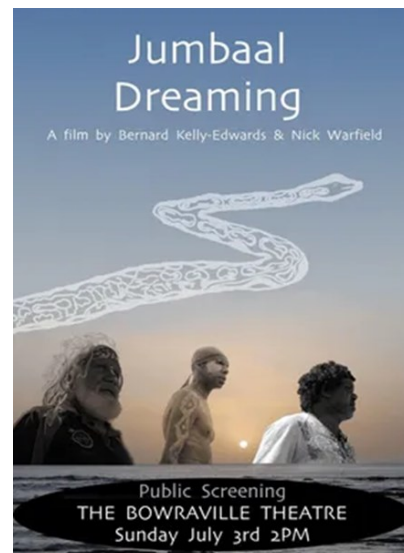
BOWRAVILLE THEATRE

Jumbaal Dreaming - Sunday, 3rd July 2022 @ 2pm

Jumbaal Dreaming Film, Bernard Kelly-Edwards and Nick Warfield have been working on for ages. It follows the journey of Uncle Martin Ballangarry and his sons representing Gumbanyggirr nation at the Dance Rites Festival 2019 held on the forecourt of the Sydney Opera House on Gadigal land.

It is part documentary part Gumbayngirri road movie with plenty of valuable yarns about culture, responsibility and the importance of family. It also features the deadly music of the The Jumbaal Dreaming band.

Screening is on Sunday 3rd of July at 2pm, at the Bowraville Theatre to mark the beginning of NAIDOC Week. The film goes for just shy of an hour and we invite anyone to come down and share in the telling of a local story.



Elvis - Sunday, 17th July 2022 @ 2pm

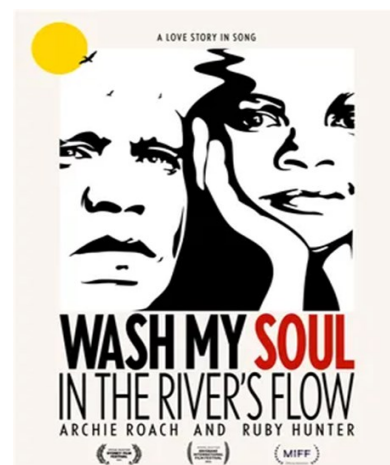
Elvis is a 2022 biographical musical drama film directed by Baz Luhrmann, who co-wrote the screenplay with Sam Bromell, Craig Pearce and Jeremy Doner, from a story by Luhrmann and Doner.

It stars Austin Butler as Elvis Presley, with Tom Hanks, Helen Thomson, Richard Roxburgh, Olivia DeJonge, Luke Bracey, Natasha Bassett, David Wenham, Kelvin Harrison Jr., Xavier Samuel, and Kodi Smit-McPhee in supporting roles.

Wash My Soul in the River's Flow

Sunday, 24th July 2022 @ 2pm

Wash My Soul in the River's Flow is a cinematic reinvention of a legendary concert that premiered in 2004. Kura Tungar-Songs from the River was a collaboration between First Nations singer-songwriters Archie Roach and Ruby Hunter working with Paul Grabowsky and the 22-piece Australian Art Orchestra.



Bowraville Theatre - 74 High Street, Bowraville
Tickets: Adults \$14 – Pensions/Concessions \$12
Members and Kids \$10 – Family \$35

Tech Companies Rally to Help Ukraine

Continued from Page 6

defend news, human rights and election monitoring services.

On March 18, Google Business Profiles launched a new category of business attributes called “emergency help,” which companies can use to indicate they are providing assistance during crises like the one in Ukraine.

These attributes, which are available under the “info” tab in Google Business Profile accounts, let customers know an organization is accepting donations, employing refugees, seeking volunteers or providing free products and services.

Other initiatives Google is using to help Ukrainians include highlighting air raid alerts and sirens in Google Play, waiving international calling fees to and from Ukraine in Google Fi, and pausing most commercial activities within Russia.

Microsoft Also Using Its Expertise to Prevent Cyberattacks

Microsoft is using its capabilities and resources to aid in bringing relief to the humanitarian crisis in Eastern Europe.

Microsoft’s Threat Intelligence Center reacted quickly to cyberattacks on Ukraine’s digital infrastructure, writing signatures to detect and block the malware known as FoxBlade in just three hours from its initial detection. <https://blogs.microsoft.com/on-the-issues/2022/02/28/ukraine-russia-digital-war-cyberattacks/>

Microsoft is also leveraging other parts of its business to help the public find and support humanitarian organizations. It continues to mobilize resources to support nonprofits like the IRC, UNICEF and Polish Humanitarian Action.

Search Giants Fighting Misinformation

To combat the spread of misinformation about the conflict, Microsoft has joined Google in blocking Russian state-media, including RT and Sputnik news. They have also stopped Russia state media’s ability to monetize and advertise on their platforms, which include YouTube, Google News, MSN.com, Facebook and Twitter.

In retaliation, Russian President Vladimir Putin banned Facebook, Instagram and Twitter, calling them “extremist organizations.” These sites, however, are fighting back, with Twitter releasing a Tor version that bypasses Russian censorship.

Other Tech Companies Doing Their Part

It’s not just search engines contributing resources to aid the Ukrainian people. Other tech companies are assisting as well.

Amazon is donating \$5 million to provide on-ground support, while its Welcome Door program seeks to provide refugees with employment support.

Also contributing humanitarian support for citizens in Ukraine and refugees in Eastern Europe are Apple, which is matching employee donations at 2:1, Salesforce which is committing \$2 million, and Epic Games and Xbox, who are donating two weeks of Fortnite proceeds totaling \$36 million.

Elon Musk’s SpaceX sent thousands of Starlink satellite internet kits to help Ukrainians stay connected to the outside world, something it was working on even before a Ukrainian government official made a request on Twitter on February 26.

- www.searchenginejournal.com/tech-companies-rally-to-help-ukraine

The Winter Solstice took place on June 21.

What is it and why does it matter?

The word 'solstice' comes from two Latin root words 'sol' and 'sistere'. It means 'sun' (sol, as in where we derive 'solar') and 'to stand still' (sistere). Literally meaning, when the sun stands still.

Due to the axis tilt on which the earth orbits, the world experiences two solstices and two equinoxes.

The winter solstice occurs on June 21 in the southern hemisphere, and the summer solstice occurs on December 21. It's the opposite in the northern hemisphere. Meanwhile, The equinoxes occur in March and September.

Each date heralds the official start of a new season. The winter solstice is the shortest day of the year, with the least amount of daylight and the longest night.

Meanwhile, the summer solstice is the longest day of the year with the shortest night.

From June 22, the days begin to get longer with an incremental increase in the amount of sunlight we are seeing each day.

During the winter solstice the sun reaches its lowest point on the skyline. On the summer solstice the sun reaches its highest point.

Because of the sun's position it's said that if you stand in direct sunlight at noon on the winter solstice your shadow will be the tallest it can ever be in natural light.

Owing to the days' connection with changing seasons, throughout history, the solstices and equinoxes have been celebrated with a range of rituals and offerings to gods.

- www.canberratimes.com.au



Bernard Laverty Funerals

24 hours 6568 1555

Monumental Masons & Florist

Speak to us about the benefits of Pre Paying



Serving the community for over 60 years

Podcasts to boost mental wellbeing

Continued from Page 19



help listeners find the root of the reasons why they may not be performing at their best. She helps them discover practical ways to make impactful changes to feel happier, more energetic and more confident.

The podcast is available on all streaming platforms.

The Mental Illness Happy Hour with Paul Gilmartin

The Mental Illness Happy Hour is a weekly online podcast that interviews comedians, artists, friends and the occasional doctor. Each episode explores mental illness, trauma, addiction and negative thinking.

Hosted by comedian Paul Gilmartin, *The Mental Illness Happy Hour* aims to give people a place to connect, smile and feel the return of hope. Paul describes the podcast as a “waiting room that doesn’t suck”.

The podcast is available on all streaming platforms.

- www.mindfood.com/article/4-podcasts-to-boost-mental-wellbeing/

Why we should NOT BURN PLASTIC waste

Continued from Page 18

Simply collect up all the **soft plastics** that can't be **recycled** at **home**, and then drop them into the REDcycle collection bins at participating supermarkets.

REDcycle have teamed up with Coles, Woolworths and some of Australia's most-loved brands to make it easy for you to keep your plastic bags and soft plastic packaging out of landfill.

Where do I take it?

REDcycle bins are typically located near the checkout in Woolworths and Coles supermarkets but please ask at the customer service desk if you can't locate it.

What can I drop off?

If it's **SOFT**, it's **PLASTIC** and it can be **SCRUNCHED** into a ball in your hand then it's good to go! Small bits of paper such as price stickers or labels are fine to be left on. And there's no need to rinse your soft plastics - materials should be empty, but a few crumbs or a bit of dried gravy can be tolerated. Just ensure it's dry, as wet plastic creates a mould problem.

What happens to the plastics?

The collected plastic is brought to the REDcycle facility for initial processing, then it is delivered to Australian manufacturing partners:

Replas convert REDcycle material into a range of recycled products including indoor and outdoor furniture, bollards and signage. Replas products are perfect for use in schools, park, public spaces and commercial premises.

Close the Loop utilise REDcycle material as a component for road infrastructure.

Plastic Forests use REDcycle material in products including garden edges and plant beds.

- www.cleanup.org.au

Support
Bowra's
Tradies
by keeping
it local.



Bowraville Service Station

60 High Street, Bowraville
6564-7789

ALL MECHANICAL REPAIRS
SERVICING
REGO INSPECTIONS
AND
FRIENDLY SERVICE

6/11



Agent for Penrite
Quality Oils

Does your computer need
servicing?

Is it going slow?

Do you suspect a virus?

Or it just won't work the way
you want it to?

Come into the
**BOWRAVILLE TECHNOLOGY
CENTRE**

39 High Street, Bowraville
6564-7420
admin@bctc.com.au

WATER TANK CLEANING

- ♦ Little water loss
- ♦ Economical
- ♦ Local - 20 years service

Phone GREG
0427 689 400

6/11

PEST CONTROL

Richard (Dick) Hicks

0488 359 060
6564 7486

Ring for a FREE quote

Accredited and Insured

6/11

Radio Nambucca 105.9FM Program Guide Winter 2022									
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday		
6 am	Green Eggs On Toast	Dirt Music	Aussie Home Grown	Tones of Clairessence	Phase Out With Faye	Here Be Dragons	Paint Ya Wagons		
7 am	Nude	Jazz Made in Australia	Gold at Breakfast		Lotsa Oz Music	Fire & Ice	With Sean & Tim		
8 am	With Lawrie Medbury	Fine Music Live	With Dayna	With Claire Watt-Powell	Faye Aspiotis	With Nuke or Elizabeth	Sunday Morning Music		
9 am	Classic Hits n Jukebox	Blues Roots n Boots	Isn't It Romantic	Dano's Archive	Talk of the Town	Jam Pak	Folk & Aussie		
10 am	With Paul Rowe	With Jonny Dee	Easy Listening	With Daniel Gosson	With Ceri Wrobel	Step Back In Time	With Phill		
11 am	Baby Boomers	Infopinion	With Dallas Dent	Turning Pages + ETP Valley Views & Voices	Dano's Mixed Grill	Flashback	Scoob's Smorgasbord		
Noon	With Donna Collins	Richard, Eddie, Ron	Lunch with Gazza	Elizabeth Newman	With Daniel Gosson	With Rob Davidson	A Musical Feast With Scoobs		
1 pm	The Weekley Fix	Life Words	Gary Biden	Tewing Tunes	Dhirendra the Time Traveller	Garage Noise	That's a Wrap		
2 pm	With Paul Weekley	With Linda	Just for You + Karola's Deutsche Music Stunde	With Ralph Ord	With Dhirendra	With Sean Ambrose	Donna, Nigel, & others		
3 pm	Winter Science Hour	Rock On	MC Grim	Thursday Country	Peter's Pops	Saturday Roundup	Classical Tunes...		
4 pm	Hot, Sweet & Jazzy	Sister Act	With Mark Seagrims	With Trickivic	Jammin' with Gin	Two for the Money	Praise, Prayer & Pop		
5 pm	Hinterland	Retro Birds	Loudhouse	A Breath of Fresh Air	Turn Up the Volume With Macca	With Paul & Rachel	With Michelle		
6 pm	Bowra Beats	With Robyn & Sally	With Alex	Highway Blues	Studio 3 Live every third Friday 6-8pm	Aussie Music Weekly	AntisF Radio Show + Imagine This		
7 pm	Reggae Mixtape	Blues Soul Funk	AMRAP Music Show	With Retro	Saturday Night Gold	Saturday Date	With Nuke		
8 pm	With Fitzroy	Matt Liebrandt & Friends	Ant's Rock	Space Nuts & Overdrive	on Friday Night	With Stu	Prog Rock Playlist		
9 pm	Music Makers	2NVR	With Ant	Meet Me at the Movies	With Allan Quinn	Wolfy	Best of prog rock		
10 pm	Featured Artists	Music	Ant's Rock	2NVR		With the Wolfman	With Rhino		
11 pm	With Yen	Mix	Overnight	Music Mix		Music & Requests	2NVR Music Mix		
Midnight	2NVR Music Mix								
The Best Little Station in the Nation				AIR News weekdays 6, 7, 8, 9am, noon & 6pm — weekends 6, 7, 8, & 9am				Stream: <www.2nvr.org.au>	