

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 2022 ~ ISSUE #207 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

***Are you a computer expert
or just getting by?
Would you like to learn more
computer skills?***



*The Bowraville Technology
Centre is presenting
TWO OPEN DAYS
Thursday 23rd & Friday 24th
of June from 10am to 3pm.*

Free half hour sessions to access computers each day.
Come in and talk to our volunteers on Thursday - think about volunteering
and supporting our community - we need new reliable volunteers to help
us providing this valuable service to our town.

There are lots of things you can help with - maybe customer service,
accounting, assist people to use computers or help to edit our Bowra
Community News - to name a few of the things we do.

You get free access to the computers during your shifts.

*You'll also have access to lots of programs and training which can
help you personally or to get you ready for a paying job.*

Join us on Thursday 23th for a SAUSAGE SIZZLE provided by the Lions.

Book a free half hour on Friday to see what it's like.

Turning
Milling
Welding
Repairs
Parts Made

**FITTING TURNING
MACHINING**
0408 964 433

Steven Jeffries - 2 Park Street Bowraville 2449

www.fittingturningmachining.com.au

Worn Shafts
Re-Built
Aluminium
and
Stainless
Welding

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

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

2020 ADVERTISING CHARGES:

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

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

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

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

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

Front Cover (1 issue) - \$60 issue

ALL ADVERTISING ENQUIRIES TO
cherieodonohue@bowraville.nsw.au

DEADLINE FOR COPY FOR

THE JUL 2022

ISSUE IS: 4:00PM

TUESDAY, 21st JUNE 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

sue.smoothy@bowraville.nsw.au

or wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

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

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.



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

The advertisement features two large grey wrenches, one on the left and one on the right, framing the main text. Below each wrench is a branch of eucalyptus with green leaves and a red flower.

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!

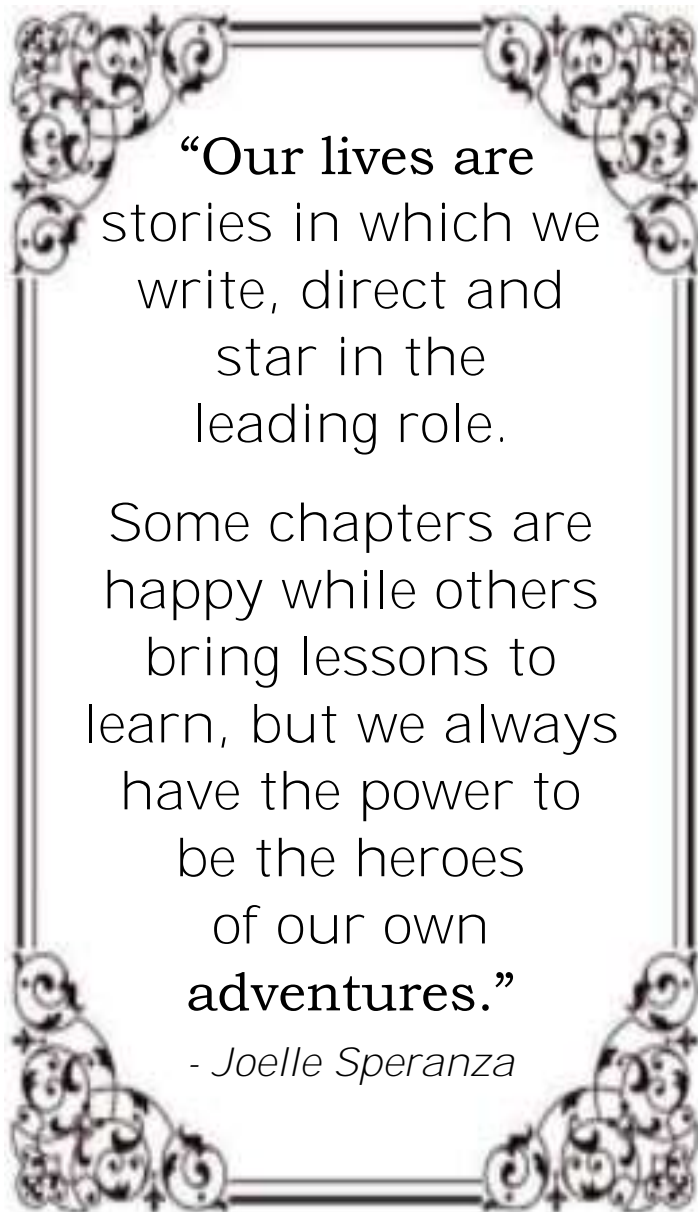


Free Techno Lessons
Bookings essential

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**



“Our lives are stories in which we write, direct and star in the leading role.

Some chapters are happy while others bring lessons to learn, but we always have the power to be the heroes of our own adventures.”

- Joelle Speranza

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.



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

PAINT PARTY WITH SARAH-JAE - Come join us this 10th June at Phoenix Cafe for an art lesson with a delicious drink.

PHOENIX SCHOOL OF ARTS COLLECTIVE EXHIBITION



An exhibition showcasing work by artists who teach at our school of arts. Running until 11th June 2022.

COME VISIT THE COMMUNITY SHED

The Phoenix depot is open for the community and woodwork workshops on Thursdays 8am to 2pm. Contact info@nvp.org.au for more info.

BOWRA COUNTRY MARKET
SATURDAY ~ 11TH June ~ 9am to 1pm
88 High Street, Bowraville



BOWRAVILLE TECHNOLOGY CENTRE OPEN DAY

Would you like to learn computer skills?



The Tech Centre is having
TWO OPEN DAYS



from 10am to 3pm on Thursday and Friday
the 23rd and 24th of June.

Free half hour sessions to access computers each day.

*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

5/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

5/11

Understanding DeepFakes



What are Deepfakes?

Deepfakes are fake videos created using digital software, machine learning and face swapping. Deepfakes are computer-created artificial videos in which images are combined to create new footage that depicts events, statements or action that never actually happened. The results can be quite convincing. Deep fakes differ from other forms of false information by being very difficult to identify as false.

How does it work?

The basic concept behind the technology is facial recognition - users of Snapchat will be familiar with the face swap or filters functions which apply transformations or augment your facial features. Deepfakes are similar but much more realistic.

Fake videos can be created using a machine learning technique called a “generative adversarial network” or GAN. For example a GAN can look at thousands of photos of Nicole Kidman and produce a new image that approximates those photos without being an exact copy of any one of the photos.

GAN can be used to generate new audio from existing audio or new text from existing text – it is a multi-use technology. The technology used to create Deepfakes is programmed to map faces according to “landmark” points. These are features like the corners of your eyes and mouth, your nostrils and the contour of your jawline.

When seeing is no longer believing

While the technology used to create Deepfakes is relatively new technology it is advancing quickly and it is becoming more and more difficult to check if a video is real or not. Developments in these kinds of technologies have obvious social, moral and political implications.

There are already issues around news sources and credibility of stories online - Deepfakes have the potential to exacerbate the problem of false information online or disrupt and undermine the credibility of and trust in new, and information in general.

The real potential danger of false information and Deepfake technology is creating mistrust or apathy in people about what we see or hear online. If everything could be fake does that mean that nothing is real anymore?

For as long as we have had photographs, video and audio footage they have helped us learn about our past and shaped how we see and know things. Some people already question the facts around events that unquestionably happened, like the Holocaust, the moon landing and 9/11, despite video proof. If Deepfakes make people believe they can't trust video the problems of false information and conspiracy theories could get worse.

Continued on Page 25

WHAT'S HAPPENING IN BOWRA

Learn more computer skills
at the BTC OPEN DAYS
Thurs 23rd and Fri 24th
June - 10am-3pm

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
at 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

Tree Planting Success with Landcare Volunteers

After the floods caused a delay to our planned planting session, we finally met on a glorious sunny day. Almost 30 amazing community volunteers managed to spend the morning planting rainforest trees along the banks of the Nambucca River at Lanes Bridge. We successfully planted over 700 trees! These trees will provide habitat for our local wildlife, help stabilise the riverbank and help connect the vegetation along the river all the way through Bowraville. If you haven't seen the plantings yet, make sure you keep an eye out next time you drive over Lanes Bridge.



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

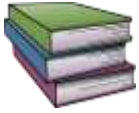
Every Thursday - 3 classes, morning, afternoon and evening -
Watercolour classes with Hanh

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

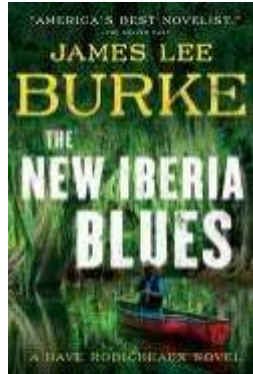


The New Iberia Blues

A Detective Robicheaux Thriller

By James Lee Burke

Detective Robicheaux's world isn't filled with too many happy stories, but Desmond Cormier's rags-to-riches tale is certainly one of them. Robicheaux first met Cormier on the streets of New Orleans, when the young, undersized boy had foolish dreams of becoming a Hollywood director.



Twenty-five years later, when Robicheaux knocks on Cormier's door, it isn't to congratulate him on his Golden Globe and Academy Award nominations. Robicheaux has discovered the body of a young woman who's been crucified, wearing only a small chain on her ankle. She disappeared near Cormier's Cypremort Point estate, and Robicheaux, along with young deputy, Sean McClain, are looking for answers. Neither Cormier nor his enigmatic actor friend Antoine Butterworth are saying much, but Robicheaux knows better.

As always, Clete Purcel and Dave's daughter, Alafair, have Robicheaux's back. Clete witnesses the escape of Texas inmate, Hugo Tillinger, who may hold the

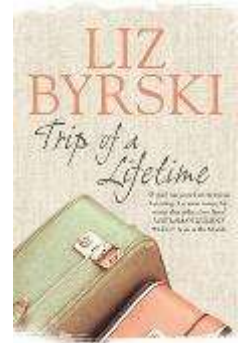
key to Robicheaux's case. As they wade further into the investigation, they end up in the crosshairs of the mob, the deranged Chester Wimple, and the dark ghosts Robicheaux has been running from for years. Ultimately, it's up to Robicheaux to stop them all, but he'll have to summon a light he's never seen or felt to save himself, and those he loves.

- www.goodreads.com

Trip of a Lifetime

By Liz Byrski

When Heather Delaney is injured in a shocking act of violence, her life is thrown off course. Struggling to return to work, she is haunted by the incident. Was it random or personal? Will they try again?



Then along comes Heather's old flame, Ellis, who has abandoned his successful career as a barrister to reinvent himself as a life coach. Romantic, flamboyant, determined to recapture the past and take control of the future, he looks as though he has all the answers.

But is he the best thing that's ever happened to Heather, or the worst?

- www.goodreads.com

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.

Migraine Awareness Month

Migraine cannot be cured, it is a genetic condition, but it can be managed by finding the right combination of lifestyle changes, acute treatment, and if necessary, preventive treatment.

What is MIGRAINE?

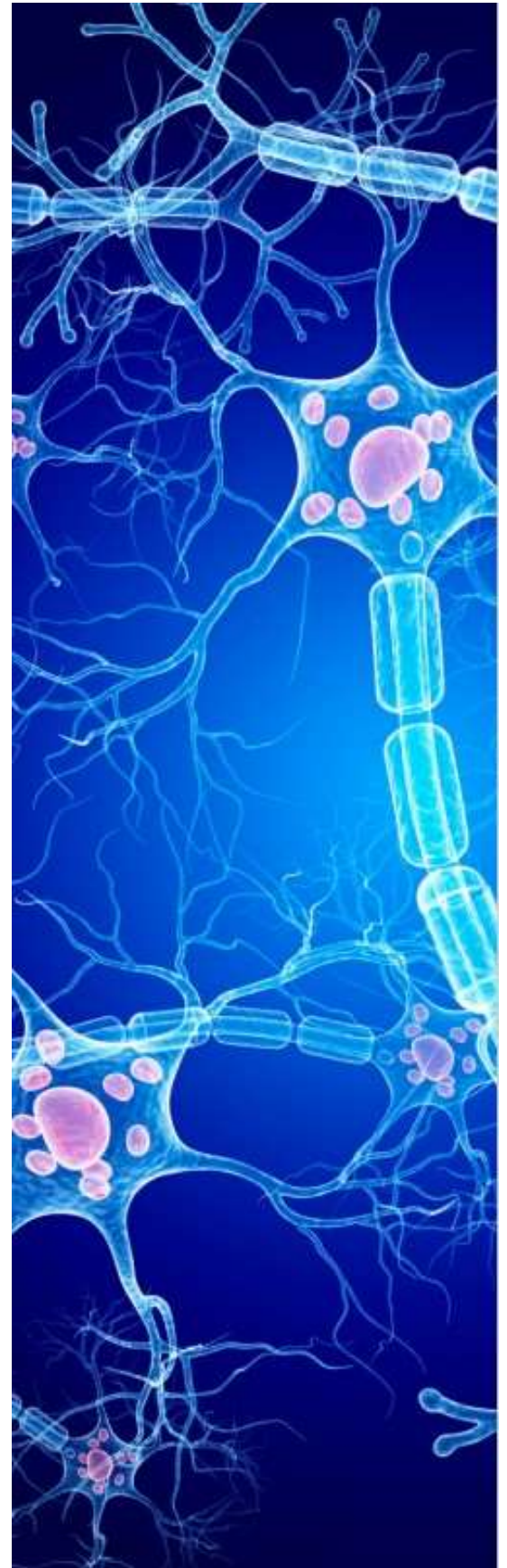
Migraine is a very common and complex inherited neurological disorder of sensory processing. This means the migraine brain processes things in a different way compared to those who don't have migraine.

When we discuss migraine, we are often referring to migraine attacks; which are the flare ups or episodes which involve a combination of neurological symptoms such as severe headache, sensitivity to light, noise, smells, nausea or vomiting, and in some cases, weakness, numbness, dizziness and problems with vision.

When a migraine attack is triggered, there are three things we know are happening in the body: 1) pain nerves in the head and the neck are irritated; 2) blood vessels in the head spasm; 3) and there is inflammation of the affected part of the brain. However, migraine is a complex condition and the symptoms vary widely. For example, it is important to know that some people with migraine do not get a headache at all.

Migraine is a spectrum disorder, with some people completely disabled, some are significantly affected, and others only experiencing mild symptoms. As is the case with most spectrum disorders, people will often move up and down the spectrum throughout their life.

- www.migraine.org.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



Ask your pharmacist to advise if this product is right for you.

Read the label before purchasing.

Follow the directions for use as incorrect use could be harmful.

If symptoms persist, talk to your health professional.



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





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 & NRCP

(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

An Early Linker will assist with:

- General development concerns
- Information and support for families to find out about their children's disability needs
- Identify concerns, set goals and development plans for the future
- Connecting with other parents, community and service providers

Early Links Mission:

"Every child, every opportunity"

Early Links Vision:

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

Build confidence to achieve your goals

Develop your existing support networks and create new networks

Look at ways you can participate and be a part of you community.





BBQ's are BACK



Look out for us in High Street this month as we help out local organisations and the community with free sausage sandwiches.

The Lions Club of Bowraville meet on the 3rd Wednesday of the month at the Bowra Hotel at 6pm in the dining room.

President: Greg Lamberth

Secretary: Mark Scott

*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**

4/11

Gardening in Wet Soil

Our soil is sodden. Wetter than it's been it for years. And you are probably itching to get out into the garden to weed, plant, prune and just be there!

But the rain's been pretty constant and one thing that can damage garden soil more quickly than anything else is by stepping on it and compacting it.

You also mustn't dig it or till it if you can avoid it. The only time to dig soil these days is to plant something.



Soil can take years to recover from digging and compaction. Wet soil is much more easily compacted than dry or moist soil.

Even weeding is not good for wet soil.

To weed larger garden beds use a couple of boards - this will allow you to distribute your weight over a bigger area causing almost no compaction.

Move the second board into place while still on the first. Don't ever be tempted to walk on wet soil.

When weeding always try to cut weeds rather than pulling, this leaves the roots in the soil and drop the leaves on the soil surface. Some weeds, like grass, need to be pulled out or they will regrow from the roots. You can still drop these on the soil surface.



Treading on or working wet soil compacts the soil-particles pushing out the air and making it harder for water to penetrate once the soil dries out. Roots will also struggle to penetrate.

Continued on Page 16

Ban of 'single-use' plastic bags now in effect

From Wednesday, 1st June, the humble lightweight plastic bag will be banned from use in NSW.

Single-use plastic bags will be the first plastic item to be phased out in the state this year as part of the NSW government's plan to cut litter and pollution.

The government and National Retail Association (NRA) have pledged to work together in assisting business with the transition.

It is estimated more than 2.7 billion plastic items end up in waterways across NSW each year, and single-use plastic items equate to 60 per cent of the state's litter.

Environment Minister James Griffin says it's time to forgo disposable items which provide "a few convenient moments" but cause years of environmental fallout.

"We each have the power to make positive environmental change and I encourage everyone to choose to go plastic-free as often as they can," he said.

In November, the ban will be extended to other single-use plastic items such as cutlery, straws, stirrers, plates, bowls, polystyrene food ware, cotton bud sticks and personal care products containing microplastics.

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



5/11



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

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

5/11

Mood-Boosting Essential Oil Spray

From Page 14

You will need:

- 4-ounce glass spray bottle
- Small funnel (optional)
- 1 1/2 ounces distilled water
- 1 1/2 ounces witch hazel
- 20 drops essential oil(s) of your choice (see above)



Directions:

With the help of a small funnel if needed, add the water, witch hazel, and essential oils to a small glass spray bottle. Replace the spray top and shake to combine.

The witch hazel in this recipe acts as an emulsifier, helping the water and oil to combine more readily. (The mixture will still want to separate, so just give the bottle a shake before each use!)



How To Use Your Mood-Boosting Spray

Spray it over furniture, into the air, onto clothing, over your pillow, or wherever else you want to use it. As long as you can smell the oils, there's no wrong way or place to use it to help improve your mood!

If your soil is compacted then once it's dried out a bit start adding organic matter, compost and well-rotted manures. Just spread over the top leaving the worms and micro flora and fauna to work it in. Or grow a green manure crop.

Wet soil also takes longer to warm up, so better not to plant just yet and certainly nothing heat loving.

Don't mulch very wet soil as it will stay wet and cold for much longer.

Not sure if your soil has dried out enough? - dig up a trowel full and squeeze it in your hand. If it forms a muddy ball then it's not ready. If it crumbles then it should be ok.

While waiting for you soil to dry out, spend time perusing catalogues or online sites, making lists, drawing plans and planting seed. Then once the soil has dried enough, you can get stuck into gardening again.

Penny Woodward - www.organicgardener.com.au



*When the world
gives you rain
— bloom.*

Household Bulky Goods Collection 2022

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

**PICK UP DAY FOR BOWRAVILLE is
Monday 20th JUNE 2022**

A maximum of 3 cubic metres (approx 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 inc paint & 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) 6568 2170 or general enquiries to Kelly Pacey, Executive Assistant (02) 6568 0230.



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.

5/11

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.

Paws for Celebration - Biosecurity Detector Dog Program marks 30 Years.

Did you know the first defense for our local farms is the humble dog. Since 1992 dogs have been deployed with their handlers at international airports and shipping entry points there are now 42 operational sniffer dogs and the future looks forward to more of these teams to help our farming security.

A dog's nose is thousands of times more sensitive than a human's and can be used for searching for lost people, bomb detection, alerts for epilepsy and diabetic patients for medical episodes just to cover a few of their skills.

Dogs use their noses to give them the "news of the day" - who has passed by, what other dogs have been in their territory, what is blowing in on the wind and much more.



The Biosecurity Detector Dog Program first started with Beagles and then in 2009 Labradors were introduced. The Department now runs training courses for handlers and detector dogs. The training methods for working dogs is with positive reinforcement training which makes it fun for both dog and handler, toys and games are the highlight of the day.

First Assistant Secretary of the Agricultural Department Biosecurity Operations, Colin Hunter stated "Our first class, mobile program is effective at detecting biosecurity risks in the mail, traveler and cargo environments and has become an invaluable asset in sniffing out difficult to detect biosecurity risks.

Last financial year the detector dogs seized approximately 16,000 biosecurity risk items. The three most detected items included meat, seeds and fruit which could all carry pests and diseases that would seriously harm our environment, agricultural industries and economy if they were to become established here.

The howling success of our detector dog program in helping to protect Australia from exotic pests and diseases over the past 30 years is definitely "paws for a celebration". It is exciting to think about where the program may be in another 30 years!"

Recently dogs were trained to detect the brown marmorated stink bug and people with COVID19. The use of these willing workers is amazing so when you see them at work just remember they are working and protecting our community.

For more information on Australia's detector dogs visit:

www.awe.gov.au/biosecurity-trade/policy/australia/detector-dogs

Which of our newly formed ‘pandemic’ habits are here to stay?

We’ve got here by learning a lot of “new” health behaviours, like wearing masks and sanitising our hands. Many of us have also developed a variety of social habits to reduce the virus’s spread – such as working from home, shopping online, travelling locally and socialising less.

But as parts of the world emerge from the pandemic, are these new habits here to stay, or do old habits really die hard? Here’s what data can tell us.

Work

One of the biggest changes predicted during the pandemic was a long-term shift towards home or hybrid working. However, there are already signs that this transition might not be as obvious or complete as expected.

One of the main reasons people are going back to the office is employers’ expectations. Many companies are concerned that more permanent home working might affect employees’ team building, creativity and productivity.

But among employees, there’s a greater appetite for hybrid and flexible working. One recent multi-national survey found that whereas roughly one-third of workers had worked at home at least some of the time before the pandemic, roughly half said they want to in the future.

Shopping

The pandemic didn’t create the habit of online shopping, but it makes more of us do it. Did this make us realise we don’t need actual stores anymore?

It doesn’t seem so. Shopping in bricks-and-mortar stores has already started to recover. Recent data on people’s movements, gathered anonymously from mobile devices, shows how in many countries, before omicron hit, travel to retail and recreation spaces was back up to pre-pandemic levels, and is already starting to rebound after omicron.

Travel

One habit that might take longer to recover is our pre-pandemic love of international travel. It has taken a hit around the world, and the sector is still struggling. The UN’s International Civil Aviation Organization projects that international travel in 2022 will still be down by nearly a half compared to 2019.

People’s reluctance to travel has been largely down to concerns over the virus and confusion over travel rules. As worries decline and rules get lifted, we may see a “mini-boom” in holiday-making.

Socialising

Are social-distancing habits, including meeting fewer people and having less physical contact with those we do, here to stay? For most people, no. Data shows only one-third of people in the UK are still socially distancing regularly, the lowest proportion since the pandemic began.

But truly, only time will tell how much the pandemic will have changed our habits. The pandemic has taught us we can work, learn, shop and socialise in different ways, but the question now is whether we still want to.

Finally, the pandemic may have served as a reminder of how much we appreciate everyday interactions – in shops, restaurants and so on. People may be keen to return to familiar ways that revive this – for example, picking something up in a store on the way home from work. Above all, the pandemic has taught us that we need to connect with others and that there are limits as to how much online communication can replace real, face-to-face interactions.

- www.mindfood.com

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



Well, it's been quite a busy month for 2NVR. Group 2 football is underway and the Valley has 2 clubs represented, Macksville Sea Eagles and Nambucca Roosters, who are returning to the field after 3 years. What this means for 2NVR is that we will be calling the first grade game from the team that is playing a home game. Luckily for us the drawer was kind and Macksville and Nambucca are home on alternate weeks. Round 1 saw Macksville host Nambucca at Allan Gillett Oval in front of a great crowd. Adding to the excitement was anticipation of Greg Inglis playing his first game for Macksville. The That's a Wrap team were very excited at the prospect of calling a Greg Inglis try, but unfortunately it wasn't meant to be. To hear the call you can tune in to 2NVR 105.9fm or stream via www.2nvr.org.au and if the game has been rescheduled to be played on Saturday, you can listen via the Sport Streaming Channel on the website.

The Macksville Show was held on April 30, also after an absence due to Covid. 2NVR covered the show via an outside broadcast on the day. Good crowds flooded in all day. Feedback we received on the day was positive and joyous that the show was back. Of course it was a big day for 2NVR as well, so many events have been cancelled. We have more events coming up, so stay tuned.

Ceri Wrobel has been busy interviewing guests, artists and organisers of events coming to the Valley. Ben Waters has been keeping us up to date with local issues that affect us all - now available to listen to on the 2NVR website.

Coming up we have the 2NVR 30th Birthday Bash, it will be held on Sunday June 5th, commencing at 12.30pm. All are welcome and we are very excited to be celebrating this important day in the 2NVR calendar. So please come along for a fantastic day of entertainment.

Volunteers: We are always on the lookout for volunteers to assist with the running of the station. Office work, cleaning, garden maintenance.

- [Donna Collins, President, Radio Nambucca 2NVR, 0419 707 874](#)

AUSSIE FACTS : DID YOU KNOW

Swimming in the sea used to be illegal!!



Between the years of 1838 and 1902 swimming at public beaches in Sydney and other parts of New South Wales was illegal during daylight for reasons of 'morality'.

This was before swimwear for women had entered the mainstream and with a lack of separate-sex changing areas the exposure of female flesh was deemed too much of an insurmountable problem.

Head down to [Bondi Beach](#) today and you'll find no such concerns.



What's on in JUNE 2022

BOWRAVILLE THEATRE

2NVR 30th Birthday Celebration Sunday, 5th June, 12noon-5pm

Free event, everyone is welcome.

From 12noon-5pm - live music all afternoon and catching up with the pioneers of the radio station - everyone is welcome - it will also be broadcast live on 105.9fm.or streamed via www.2nvr.org.au

Finger food will be provided by 2NVR, you're welcome to BYO drinks. Tea and cold drinks will be available for purchase from the Theatre Cafe and there will be a coffee van outside. The 2NVR studios at 834 Rodeo Drive, Tewinga will be open 10:30-11:30am on the day for any visitors who want to check out the studios. We look forward to welcoming you to Nambucca Valley Radio. Any enquiries to ceri@2nvr.org.au

Drovers Wife: The Legend of Molly Johnson Sunday, 26th June 2022 @ 2pm

The Drover's Wife - The Legend of Molly Johnson is a re-imagining of Leah Purcell's acclaimed play and Henry Lawson's classic short story.

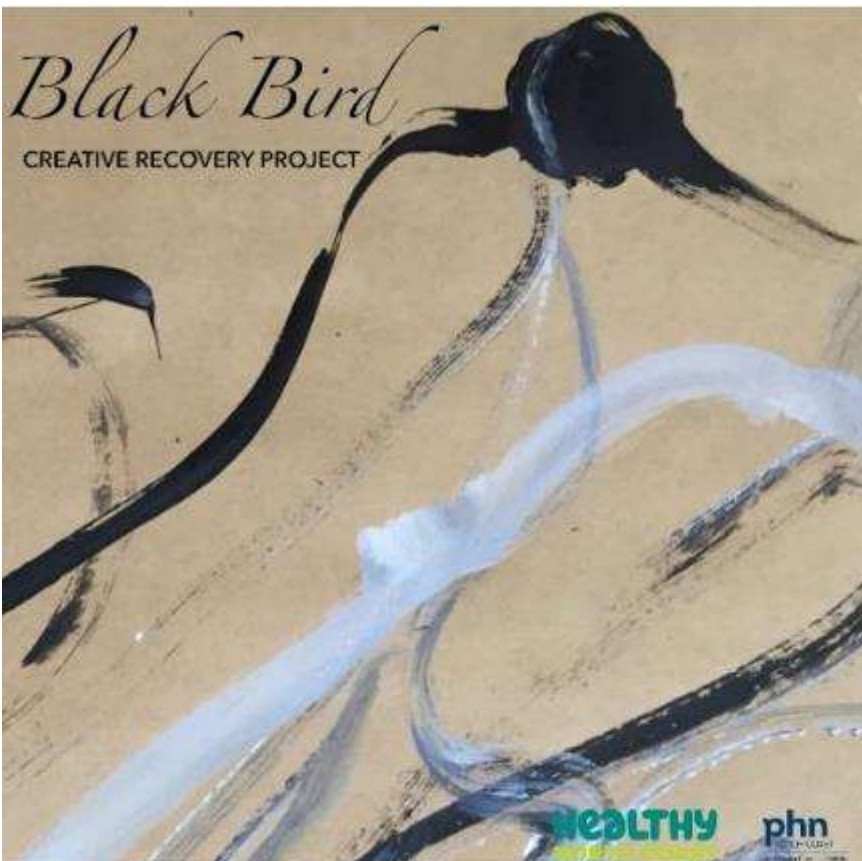
A searing Australian western thriller asking: how far do you go to protect your loved ones?

Tickets: Adults \$14 - Pensions/Concessions & Members \$12

Kids \$10 - family \$35

For further details Ph: 02 6564 7808

Email: bowravilletheatre@bigpond.com www.bowravilletheatre.com.au



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About Bend & Breathe

Bend & Breathe Movement is the Nambucca Valley's first hot yoga studio. Established by director Vanessa Lahey, the studio offers contemporary yoga, movement and wellness classes and workshops.

The winter timetable has heated Bikram and Vinyasa yoga classes, Yin and Radiant Light yoga classes and Hot Pilates mat classes.

At Bend & Breathe Movement, you will experience authentic classes taught with passion from the heart. The teachers have undertaken years of study and personal practice to give you a transformative experience!


A commitment to safety and excellence means that you can expect the person guiding you will have industry recognised and approved accreditation and proven practice/clinical hours to match.

About the owner - Vanessa Lahey


I founded Bend & Breathe Movement to achieve a personal goal. My desire as a lifelong Valley local was to establish the area's first high-quality wellness studio for the community to enjoy. Myself included!

My first qualification as a yoga teacher was 350-hour (Level 1) undertaken in 2017 and I've been studying ever since. Last year I achieved the milestone of becoming a 1000-hour qualified yoga teacher with specialisations in remedial, seniors, children's and pregnancy yoga. As well as mat Pilates.

I believe that a committed movement practice is an empowering way to reclaim your spiritual connection to this lifetime.



HOT YOGA & PILATES



Authentic classes taught with passion from the heart in a heated studio giving you a transformative experience!

www.bendandbreathe.com.au

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has resumed.**

Unfortunately with the Covid19 restrictions you now have to 'book in' as space is limited.

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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

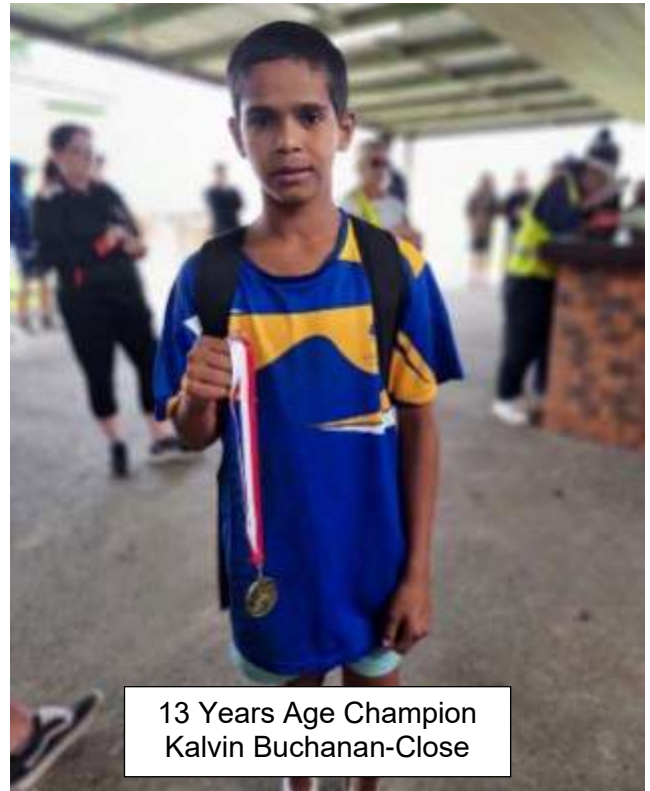
JUNE 2022

Cross Country Success

After competing at zone level at Kempsey last week, Tarren Jarrett and Calvin Buchanan-Close have made through into the next round in their respective age groups for Cross Country. Both boys will be competing at the Nana Glen on Tuesday 14th June. Calvin was also awarded Age Champion (12 years). He won his race beating his nearest rival by 8 minutes.



Kalvin Buchanan-Close and Tarren Jarrett



13 Years Age Champion
Kalvin Buchanan-Close

Students from the Primary department competed at Urunga in the District Cross Country earlier in the month. Nahkiaya West came 13th, Logan Fullick 25th, Zak Johnson 18th and Cassandra Stadhams 14th in their age groups.

They were brilliant Bowraville Central School representatives.



Nahkiaya West



Logan Fullick

When will Australia's 3G networks be shut down?

Telstra and Vodafone have phased out parts of their 3G networks, but it will still be years before 3G networks are shut down entirely. Telstra is currently the only telco to have provided an end date for 3G, and that won't happen until the middle of 2024.

Telstra 3G shutdown

Telstra switched off 3G connectivity on its 2100MHz spectrum on March 25, 2019 but will continue to operate 3G services on its 850MHz spectrum until June 2024.

Telstra published a list of devices it has sold that were affected by the 2100MHz 3G shutdown. If you have a 2100MHz-only 3G device, it will no longer be able to connect to the Telstra network. If you can still get 3G on the Telstra network, your device hasn't been affected by Telstra's decision to switch off 3G on 2100MHz.

If you're a Telstra customer with a 3G-only device and it's still working, you'll want to think about upgrading it within the next few years. At least 99% of phones available on the market right now have 4G connectivity.

Customers on **Telstra-powered MVNOs** such as Boost Mobile, Belong, and Woolworths Mobile will also be affected by this change.

Telstra's 3G network shutdown could also affect some home security systems and EFTPOS machines.

Vodafone 3G shutdown

Vodafone phased 3G connectivity on its 2100MHz spectrum over the course of 2019 but is still operating 3G services on its 900MHz spectrum.

As a result of the changes, some older devices only compatible with 2100MHz 3G no longer work. If your 3G device still works on Vodafone, you shouldn't have any issues. However, you can check if your device will still work by putting its name into Vodafone's coverage checker. It is worth noting that devices that weren't originally purchased from Vodafone may not be listed in the coverage checker.

A spokesperson told us that Vodafone currently has no confirmed timeline for ceasing 3G mobile services.

"We are committed to supporting regional communities by keeping our 3G mobile network operating for years to come," said the spokesperson. "We believe the Federal Government should use its upcoming auction of 900MHz spectrum to ensure that mobile carriers committed to providing ongoing services to their 3G customers are able to do so."

Optus 3G shutdown

Optus was to have ended 3G connectivity on the 2100MHz spectrum last month and only plans to reform the 2100MHz spectrum into 4G and 5G.

An Optus spokesperson told us the telco currently has no timeline for when it will cease to offer 3G on the 900MHz spectrum.

This means Optus customers relying on 3G will still be able to access the older network for the foreseeable future. However, there are some older 3G devices that only support the 2100MHz 3G spectrum. The original iPad and the Nokia N95-2, for example.

If you have one of these devices you will lose cellular connectivity once Optus switches off 2100MHz.

I've got a 3G phone, what should I do?

If your 3G smartphone still works, it hasn't been impacted by Telstra and Vodafone's decisions to phase out part of their spectrum.

In the longer term, anyone with a 3G phone will need to upgrade to a handset with 4G connectivity eventually. If that's you, this is something you should keep in mind when buying your next device, rather than something you should treat as an immediate concern. Most new smartphones have 4G connectivity these days. There are some rare devices that are still 3G only but these all tend to be budget smartphones in the sub-\$100 category.

www.whistleout.com.au/MobilePhones/Guides/Australian-3G-network-shutdown-what-you-need-to-know

Understanding DeepFakes - Continued from Page 6



False news can lead to false memories

One of the most common concerns and potential dangers of Deepfakes and false information in general is the impact it can have on democratic processes and elections.

A recent survey from UCC confirmed that people recall fake news more than real news. The results of the survey indicated that voters may form false memories after seeing fabricated news stories, especially if those stories align with their political beliefs, according to a new study. The researchers suggest the findings indicate how voters may be influenced in upcoming political contests like the US presidential race.

Author of the report Dr. Gillian Murphy added; "This demonstrates the ease with which we can plant these entirely fabricated memories - despite this voter suspicion and even despite an explicit warning that they may have been shown fake news,".

- www.webwise.ie



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10/11

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Mood Boosting Essential Oils & Oil Blends

Many aromatic essential oils can affect a person's mood, and here I'll highlight a few single essential oils with useful mood-altering properties. I'll also point out a few mood-boosting oil blends, which will give you several great options to choose from when you make your mood-boosting essential oil spray (more on that shortly!)

Single Oils

Lavender

Floral lavender oil is well-known for its powerfully calming effects. Use lavender oil when you're struggling with stress, anxiety, or depression, or as an all-natural sleep aid.

Lemon

The bright and citrus-y aroma of lemon oil will sweeten a sour mood. Use lemon oil to brighten up your disposition when you're feeling down.

Peppermint

Minty fresh peppermint oil is like a wake-up call for all of your senses! Use peppermint when you're low on energy or feeling mentally sluggish.

Oil Blends

Lemon & Peppermint (AKA "Instant Pick-Me-Up")

Ratio: 3 drops lemon oil : 1 drop peppermint oil

This blend offers an attitude adjustment and an energy boost in one! It's the perfect choice to help you reset after waking up on the wrong side of the bed.

Lavender & Lemon (AKA "Anxiety Aid")

Ratio: 3 drops lavender oil : 1 drop lemon oil

When anxious thoughts are weighing you down, reach for this blend! The combination of relaxing lavender oil and sunny lemon oil will help take the edge off.

Slumber Blend

While Slumber is great for sleep, it can also help you relax and achieve peace of mind at any hour. It features calming lavender oil, plus grounding cedarwood and vetiver oils.

Freshly Washed Blend

Not only is Freshly Washed great for laundry, but it has incredible mood-boosting properties too. The blend of sweet citrus oils, spearmint, and bergamot has a clean fresh scent that lifts your spirits.

See how to make your own Mood Boosting Essential Oil Spray on Page 16



Take care when walking. Whether it's at home or out and about - with all the rain we've been having EVERYWHERE IS SLIPPERY. Wear sensible shoes (even if they are not what you would normally wear to town) and take your time - DON'T RUN.

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