

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

MARCH 2022 ~ ISSUE #204 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Australia's first Indigenous-run marine plastic recycling enterprise begins operations in Bowraville



Above: MiiMi Aboriginal Corporation's Rowena Chapman, Leyam Buchanan, Patricia Walker, Corey Greenup-Stokes, Zac Stadhams, and Victor Buchanan.



Story on pages 19 and 20



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 APRIL 2022

ISSUE IS: 4:00PM

TUESDAY, 22nd March 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**

AUTUMN

*If I get old
I'll turn to gold
And orange, brown or
red;
The wind will blow
And I'll let go
And float out of my
bed;
I'll flutter up across the
sky
Beyond this world of
grief;
Away up high I'm
going to fly
A great big Autumn
leaf.
- Michael Leunig*

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.

SATURDAY MARKETS

We're back

Re-Opening Saturday
12t March 9am till 1pm

STALLS AND CAFÉ OPEN

PLANTS, BRIC-A-BRAC
HOUSEWARES, CLOTHING AT BARGAIN PRICES
TEA, COFFEE, SCONES, CAKES SANDWICHES
(Gluten-free Bread)

Come in browse, shop and enjoy a break.

New stall holders welcome
Contact Vicki on 0448 290 018
Stall fee is \$5 payable on the day

EVERYONE WELCOME

(and the hall is now fully insulated)

Café produce proudly supplied by our local IGA

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

2/11

BOWRAVILLE GIFT SHOP



any occasion
LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

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

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The FluBot SMS cyber-attack continues to evolve

Criminals behind the prolific FluBot SMS-based cyber-attack sweeping Australia and the world have flipped their scam on its head – they’re now telling potential victims they need to install a ‘security update’ to remove an existing FluBot infection. The ‘security update’ actually contains FluBot.



The latest trick showcases the criminals’ willingness to experiment with new scams (known as a pretext) in a bid to increase infections as news of the cyber-attacks spread.

Telstra warned of FluBot in August as reports of strange, often garbled “missed call” messages began to hit people’s SMS inboxes.

FluBot is malware – like a computer virus – that can be installed on your Android device if you click on a malicious link in a SMS message. This malware then sends many similar text messages to other people from your phone without your knowledge, potentially infecting them.

The malware requests high levels of access to a victim’s phone to steal data and proliferate to other devices. Modern Android phones will provide owners with warnings about the access an app is requesting but this may be of little protection to those who believe they are installing a legitimate app.

The scam is thought to have begun in Italy before spreading around Europe and then coming to Australia. The attacks are independent of carriers and can potentially affect everyone.

Currently, the FluBot “bait” messages you’re likely to receive suggest you have an unchecked voicemail as a way to get you to click the link. The message content can change, however, as we’ve seen from the messages claiming to help with an existing Flubot infection.

It has also in recent weeks claimed the recipient has missed a parcel and that Australia Post deliveries have been stalled amid the Covid-19 pandemic.

If you click on the link, the FluBot malware authors will attempt to trick you into installing the virus by deactivating some security settings on your device. FluBot webpages you click may ask you to allow the installation of “unknown apps”, which is restricted by default to stop malware like FluBot.

Android devices typically don’t allow unknown apps (that is, apps not from the Google Play Store) to be installed by default. FluBot cannot be installed if the

Continued on Page 18

WHAT'S HAPPENING IN BOWRA

Bowra Country Markets

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

Bowra Community Café

Every Saturday
Pioneer Community Centre
from 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 ~

1/11

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 2/11

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

2/11

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

2/11



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

~ In the heart of Bowraville ~

Every Saturday - Saturday Café - 9am to 1pm

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

BOWRA COMMUNITY CAFÉ

Pioneer Community Hall, High Street

Open Every Saturday from 9am til 1pm

Drop in for a Tea or Coffee and a Treat or light Brunch/Lunch

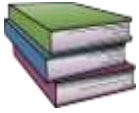
Homemade light meals,
Scones with Jam and Cream
Biscuits and Cakes.



A different menu each week and generous prices.

**Protect yourself and
others by wearing a
face covering correctly.**





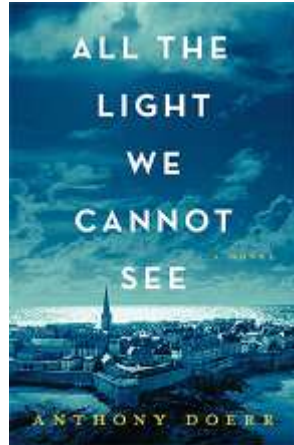
BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

All the Light We Cannot See

By Anthony Doerr

Marie-Laure lives in Paris near the Museum of Natural History, where her father works. When she is twelve, the Nazis occupy Paris and father and daughter flee to the walled citadel of Saint-Malo, where Marie-Laure's reclusive great uncle lives in a tall house by the sea. With them they carry what might be the museum's most valuable and dangerous jewel.

In a mining town in Germany, Werner Pfennig, an orphan, grows up with his younger sister, enchanted by a crude radio they find that brings them news and stories from places they have never seen or imagined. Werner becomes an expert at building and fixing these crucial new instruments and is enlisted to use his talent to track down the resistance. Deftly interweaving the lives of Marie-Laure and Werner, Doerr illuminates the ways, against all odds, people try to be good to one another.



From the highly acclaimed, multiple award-winning Anthony Doerr, the stunningly beautiful instant *New York Times* bestseller about a blind French girl and a German boy whose paths collide in occupied France as both try to survive the devastation of World War II.

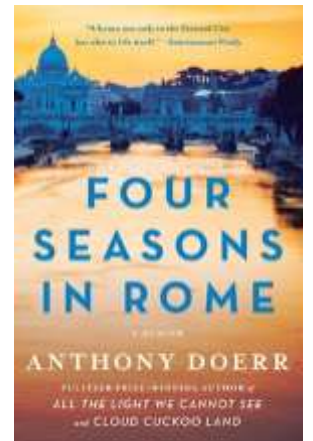
- www.goodreads.com

Four Seasons in Rome

By Anthony Doerr

When Anthony Doerr landed in Rome, wife and toddler twins in tow, it was autumn. It was his first time in the city and he found himself having to put aside the book he was meant to write on his year-long fellowship because he was overwhelmed.

As he writes in his book *Four Seasons in Rome*, "Every time I turn around here, I witness a miracle: Wisteria pours up walls, slices of sky show through the high arches of a bell tower; water leaks non-stop from the spouts of a half-sunken marble boat in the Piazza di Spagna."



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.

Coeliac Disease Awareness



What is coeliac disease?

Coeliac disease is a lifelong condition that means your body cannot tolerate gluten.

Gluten is a protein found in wheat, rye, barley and oats and can be found in products such as bread, pasta, cereal, biscuits, cake, etc.

People with coeliac disease must be careful not to eat any gluten.

Who develops coeliac disease?

Coeliac disease can develop anytime during your life. You cannot catch it from other people but you are more likely to develop the condition if you have a family member affected by the disease.

How do I know if I have coeliac disease?

People with coeliac disease feel unwell if they eat foods containing gluten. The symptoms can vary from person to person as some people feel very unwell while others won't have any symptoms at all.

Common symptoms:

- Constipation and/or diarrhoea
- Vomiting
- Mouth ulcers
- Stomach pain
- Growth problems
- Fertility problems
- Weight loss
- Tiredness

How is coeliac disease diagnosed?

It is important that you see your doctor if you think that you might have coeliac disease. The testing process includes three steps:

1. **Keep eating food with gluten:** Keep eating what you usually eat. Your doctor needs to see how food containing gluten affects your body.
2. **Blood test:** A simple blood test is the first step.

Small bowel biopsy: The doctor will perform an 'endoscopy' to examine the inside of your bowel to check for signs of coeliac disease. It is a quick, painless procedure that is done while you are asleep.

How is coeliac disease treated?

If you are diagnosed with coeliac disease, the only treatment is to maintain a life-long strict gluten free diet. There are no tablets or medication available. Most people feel better soon after they stop eating foods with gluten. It can feel challenging at first but Coeliac Australia provides information and support for people with coeliac disease to help you to self-manage.

For more information

Talk to your doctor - Contact Coeliac Australia on 1300 458 836 or www.coeliac.org.au

If you are diagnosed, become a member with Coeliac Australia.

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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





At the Bowraville Pharmacy we are always trying to make your Pharmacy experience as easy as possible and **medAdvisor** is just one more way we can help you do that.

Download the app from the app store, ask us for our **unique token** and connect electronically with us!

medAdvisor will remind you when to refill your prescription, when you need a new prescription and it can even remind you when to **TAKE** your medication.

You can order your scripts, pay through the app and even add over the counter items to your virtual basket.

Launching in **March** at Bowraville Pharmacy - come in and ask us about **medAdvisor**.

easy script
your safe & convenient script service

All your prescriptions at your fingertips.

- ✓ secure
- ✓ simple
- ✓ convenient

FREE

medAdvisor YOUR MEDICATIONS MADE EASY **FREE**

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 Bindarry 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.





Bowraville Lions Club Inc News Bulletin

MARCH 2022



Pub Raffles are back!



Commencing on Thursday 24th February the
Bowraville Lions Club raffle will be back on
from 5.00pm at the Bowra Hotel.

Tickets are \$2.00 each and you can win \$50.00

All proceeds go towards helping our community and
Lions Australia projects.



The Lions Club of Bowraville will hold
a FREE BBQ on Saturday 5th March
from 8.30am in High Street near the Bowra Pharmacy.
Come along and enjoy a famous Lions Club
sausage sandwich and learn about what the
Lions do in our communities in
Australia and around the world.



Lions Club of Bowraville
PO Box 23 Bowraville 2449
bowraville@lionsdistrict201n1.org.au
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.

Meditation Garden Ideas



One of the oldest methods of relaxation and ways of harmonising the mind and body is meditation. You don't have to belong to a religion to find the numerous benefits of meditation which span the mental, physical and spiritual. A meditating garden helps focus the mind and provides the ideal environment.

Using Gardens for Meditating

Gardens provide holistic peace and tranquility so why not go one step further and bring in meditation garden ideas that will enhance the practice and place you in a space that encourages the technique. In fine weather there are few things more peaceful than relaxing in an outdoor living space.

Plants can enhance the therapeutic experience of being outdoors and create a space to allow your mind to clear and your meditation practice to flourish. The power of nature and plants has long been known to be beneficial to our physical, mental and spiritual selves. There are even landscape designers specialising in creating healing gardens and spaces that are perfect for contemplation.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

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Continued on Page 15

BOWRAVILLE UNITING CHURCH

We have been fortunate to be able to hold monthly church services in Bowraville each month.

We appreciate and thank our local church member Tom Fairhall and Ken Smith from South West Rocks who conduct these services on a monthly rotation.

The services commence at 10.30am and all are welcome to attend.

UNITING CHURCH OP SHOP

Our Op Shop has been in abeyance since Christmas but we are all working hard to be able to open the shop each Tuesday, Wednesday and Thursday from 9am until 3pm.

We have a great display of both adult and children's clothing and the MARCH MADNESS SALE which will continue for the whole of March will feature clothing and bric-a-brac REDUCED BY 50%.

The condition of entry to the shop will be determined by the Uniting Church Head Office in Sydney.

Mavis Ward (Secretary)

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



1/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott



2/11



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

2/11

Easy Microwave Honey Lip Balm



Ingredients:

1/2 cup [sweet almond oil](#)

1/4 cup [beeswax](#)

1 Tbsp. honey

Instructions:

Place almond oil and [beeswax](#) in a microwave-safe bowl. Microwave on high for 1 minute or until mixture melts. You might want to take it out and stir after 45 seconds or so. Careful, the bowl will be HOT!

Whisk honey into beeswax mixture and stir well.

Carefully pour the hot mixture into small containers with lids. Add a few drops of essential oils at this point, so that every container could be a different flavor!

For a regular size chapstick tube, use 3-4 drops of oil for example peppermint, cinnamon or lavender. You could also add 20-25 drops to the whole mixture before dividing it into containers or leave it out altogether.

Allow mixture to cool completely, for a few hours. Apply to lips as a moisturiser or on top of lipstick for extra shine!

- Recipe courtesy of [Honey.com](#)

From Page 16

Meditation garden ideas embrace clear, uncluttered spaces, simple lines, Asian influenced pieces and a comfortable space. The exact elements will vary for each of us but the basic idea is to keep things natural and open. Excess plants or garden decor will clutter the space as well as the mind.

How to Make a Meditation Garden

Consider the view you will have as you sit in contemplation and the sounds that you will hear as you control your breathing.

Visualise a sanctuary that is at least slightly set apart from the rest of the landscape. You can create this with plants, arbors and pergolas.

A small structure used as a contemplation area can enhance the feeling of calm and tranquility while setting the space off from the rest of the garden.

Enhancing your Meditating Garden

Utilise the natural features of your garden to develop a plan and then bring in plants for meditation that add sensory beauty, scent and motion.

Ornamental grasses are easy to grow and add a whirling rustling experience to help you into a trance-like state.

A rock or stone lined path becomes softened and blurred by the addition of mosses and ground covers.

Sweet smelling perennials and bushes perfume the space and lend an aromatherapy aspect to the garden.

Water features are particularly calming and visually relaxing.

For evening meditation a fire pit or candlelight will create an ambiance that encourages gentle contemplation and calmness.

All these things also make the day-to-day garden a special space.

- [www.gardeningknowhow.com](#)

About March

The “Ides of March” was a day in the Roman calendar equivalent to March 15th. It was considered a deadline for settling debts. It was also the day Julius Caesar was assassinated.

There are two zodiac signs in March. Pisces, which is until March 20 and Aries which is from the 21st.

Every year March and June finish on the same day of the week.

The name for March comes from Mars the Roman god of war. It was named as such in both the Julian and Gregorian calendars.

The popular social media outlet Twitter was launched on March 21, 2006 with the first tweet going out the same day. It was posted by the founder, Jack Dorsey, which read “just setting up my twtr.”

Saint Patrick’s Day occurs every March 17th, celebrated in many western countries to commemorate the day Saint Patrick died.

On March 10, 1876, Alexander Graham Bell made the first-ever phone call. It was to his assistant and he said “Mr. Watson, come here. I want to see you.”

The Eiffel Tower was ascended for the first time. Eiffel himself led a group of government officials and members of the press to the top. The elevators were not in operation yet so the journey was made on foot and took over an hour.

President John F. Kennedy founded the Peace Corps on March 1, 1961. It is a successful volunteer organisation that has since sent at least 235,000 Americans abroad to developing countries to help with health care, education and other human needs.

- www.thefactsite.com



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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.

The FluBot SMS cyber-attack continues to evolve - *From page 6*



installation of unknown apps is left as its default setting of denied. We strongly recommend you leave this setting as denied.

FluBot cannot, to date, be installed on iOS devices like iPhones and iPads.

Infected Android phones should be factory reset after important data like photos and phone contacts are backed up. Make sure you restore from a backup that was taken before you were infected with FluBot, otherwise you may risk reinfecting yourself.

If you don't regularly back up your device, now is the time to start!

The evolution of the FluBot scam reinforces our continued message that the public is best placed to beat scams by being sceptical of all unexpected communications, regardless of the message, the sender, and the medium on which it was sent – be it email, SMS, chat message, or a phone call.

Telstra and our industry peers are continually examining ways to combat sophisticated threats such as Flubot.

You can [report a scam to Telstra using our website](#). If you want to learn more, we also have [more cyber safety advice on our website](#).

How you can tell if you are infected with FluBot

If you have clicked one of these links, you may be infected with FluBot already. The malware sits on your phone and intercepts passwords and other login details, while simultaneously sending out messages to your contacts to encourage them to install it too.

You can tell if you have FluBot in a few ways. Your phone may warn you it is sending a large number of text messages, and you are also likely to receive SMS messages from mobile numbers that have received FluBot links sent from your device. Customers of Telstra will also receive a message from us warning of a likely FluBot infection.

Finally, you may notice an app called 'Voicemail' bearing an icon of a blue cassette in a yellow envelope on your device. Please bear in mind the name and icon of this app could change anytime.

What we're doing about it

Connected technologies increasingly sit at the very heart of the lives of most Australians. But as we move more rapidly to a digital economy, we need to be more and more cognisant of the growing cyber risks and those who seek to do us harm online.

We get that scams like FluBot are annoying, and we're working to make the internet a safer place for our customers through our Cleaner Pipes initiative.

Continued on Page 26

Australia's first Indigenous-run marine plastic recycling enterprise - *Continued from Front Page*



Plastic Collective founder and CEO, Louise Hardman with Zac Stadhams, Leyam Buchanan, Rowena Chapman, Managing Director of Gowings and founder of Gowings Whale Trust, John Gowing and Patricia Walker.

A whale preservation charity will fund Australia's first Indigenous-run marine plastic recycling enterprise, transforming waste plastic into objects of desire.

Gowings Whale Trust, the NFP environmental organisation started by Gowings is financing the MiiMi Aboriginal Corporation to run a recycling operation for the Plastic Collective giving recycled plastic a new life – out of our waterways and off our beaches.

“This partnership has the potential to be a really transformative project,” says Plastic Collective founder and CEO, Louise Hardman. “It will help employ local people and protect marine animals while demonstrating what a circular economy looks like.”

The circular economy is based on recovering and recycling what was once regarded as waste plastic. But the waste is over - now plastic has a price.

Plastic recovered by Aboriginal Sea Rangers will be broken down and turned into plastic pellets with a monetary value by the MiiMi Corporation. The process is funded by a donation of \$167,000 from the Gowings Whale Trust to purchase a Shruder, the innovative plastic recycling machine invented by Louise Hardman. The pellets will be purchased by the Gowings owned company, Surf Hardware International for the creation of surfboard fins and surf accessories. Completing the circle Surf Hardware International donate 1% of their profits back to the Gowings Whale Trust who are funding the Plastic Collective. Win-win-win-win-win.

Continued on Page 20

Australia's first Indigenous-run marine plastic recycling enterprise - *Continued from Page 19*

Managing Director of Gowings and founder of Gowings Whale Trust, John Gowing, says he's excited about the venture's potential.

"One of the Whale Trust's key objectives is to improve the quality of the ocean for whales and all marine creatures," he explains. "We hope to use some of the recycled plastic to make products for our surfing business, Surf Hardware International."



A resource recovery centre will soon be operational in Bowraville on the NSW mid-north coast. The centre will be staffed by six Aboriginal Sea Rangers from Bowraville, Nambucca and Macksville. They will salvage plastic from the Nambucca marine and river catchments and provide environmental data to the NSW Government.

"Most of the rangers already have a good working knowledge of the cultural aspects of the river and sea country," explains SCU Adjunct Professor and Director of Aquamarine Australia, Steve Smith, who is guiding the rangers' activities. "Fundamentally, this is about Indigenous people looking after the cultural and environmental values of their own river and sea country."

According to project co-ordinator Janette Blainey from MiiMi Aboriginal Corporation in Bowraville the project will provide meaningful employment.

"It's going to fulfil their birthright at the same time as providing an economically viable future," she explains. "Country will be taken care of by the people whose place in country it is."

Manager at MiiMi, Patricia Walker says it wouldn't be possible without the support of Gowings Whale Trust.

"It's great to know there are people with the wherewithal to do this who are really passionate about supporting this country and these waterways in the way that Gowings does," she says.

As well as ocean and river plastic from the Nambucca Valley, a consistent supply of waste plastic has been secured from ports on the east coast of Australia. Plastic collection points will also be set up at Gowings' shopping centre, Coffs Central.

Plastic Collective has established similar micro-enterprises in Indonesia, Malaysia and on the Whitsunday Islands. But Louise Hardman has long wanted to start a project close to home.

"I'm really happy because I feel like I've come full circle," Louise says. "Having grown up in Coffs Harbour, I've had a strong relationship with the marine park, the wildlife, the turtles — this is the project I've been hoping for, for a long time."

- www.plasticcollective.co/australias-first-indigenous-run-marine-plastic-recycling-enterprise/

BOWRAVILLE CENTRAL SCHOOL NEWS

Bowraville Education Campus Primary Industries

Year 11 Primary Industries spent a morning completing a range of animal husbandry tasks on the school's Red Poll cattle.

The new setup of the yards made the task a lot easier for both the stock and the handlers.

Students, weighed, tagged, drenched and checked teeth before returning the mob to the paddock.



Welcome Kindergarten 2022



Pictured: K/1 with SLSO Kate and teacher Ms Ronan

How to kick unhealthy screen-time habits

It comes as no surprise that Facebook, YouTube, Whatsapp, Facebook Messenger and Tik Tok are the most popular social platforms among users.

People spent a whopping average of 6 hours and 42 minutes per day using the internet, 90% of which was via a smartphone.

“Our lives are becoming increasingly interwoven with the digital world, and the acceleration of social media use globally is another reflection of this. It’s significant that so many of us are now on social media, using it in a variety of different ways; for news, opinions, information and entertainment; to socialise and, increasingly, to inform purchase decisions,” said Nathan McDonald, global chief executive, of We Are Social.

“Social media has been an integral part of the way we communicate with one another for a long time, but this evolution shows just how much it impacts multiple aspects of our lives right now, and in the future.”

Too much of a good thing?

While the internet and social media platforms undoubtedly play a positive role in keeping us update to date with news and keeping us connected with friends and family around the globe, there’s a darker side to spending too much time glued to our screens.

A 2018 study found that using less social media than you normally would leads to significant decreases in both depression and loneliness.

A 2019 study found that social network users risk becoming more and more addicted to social media platforms even as they experience stress from their use.

With that in mind, here are a couple of tips to keep our screen-time habits healthy.

Remember social media is often just a ‘highlights’ reel

If you find yourself comparing to people you follow on Instagram or other social media platforms, it might be time to step back and remember a lot of what we see is highly curated and just not real. “It may be simply a person’s life “highlights reel,” says psychologist and director of BodyMatters Australasia, Sarah McMahonbut. Even then, it

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11/11

Blokes' Breaky
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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.

11/11

is most likely to have been carefully selected and curated. “Rather than presenting idealised versions of ourselves and shaping how we want people to see us, dare to be different, dare to be authentic, dare to be real,” suggests McMahon.

Choose what you consume wisely and take somethings with a grain of salt

From diets to new fitness fads, everyone is an expert on social media these days. “Credibility and authority are given to social influencers – those who meet current beauty ideals and/or those who have lots of ‘followers’,” says McMahon. She adds that this is regardless of what practices they may actually engage in and what the science behind these practices is. “The real tragedy occurs when the masses earnestly follow this advice, making them physically or psychologically unwell,” she adds. Challenge what you see on social media and if it’s diet or fitness-related advice that you’re after, it’s always best to seek the help of a professional.

There’s more to life than social media Social media creates a forum where the preoccupation is on looking perfect explains McMahon. “Ultimately this means people spend significant time engaging in impression management for self-enhancement, what psychologists refer to as “faking good”, ironically leaving us all feeling bad because “everyone else has a more interesting/ happier/ successful life than me”,” she says. McMahon says there’s great danger in doing this as it moves our motivation away from how things make us feel and onto how we look. “Making social comparisons has been demonstrated as being unhelpful at the best of times, but particularly when the environment is a constructed reality, to begin with.”

Set limits and unfollow as necessary If you think your social media habit is impacting on your wellbeing it might be time to impose some limits around its use. “Notice when you do not feel good after engaging in social media usage. Get used to deconstructing the messages you see,” says McMahon. If social media is getting you down, it might be time to do a cull of who you follow. Following other users that make you feel good about yourself should be the golden rule.

- www.mindfood.com

4 SIMPLE STEPS
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 what to do if a bush fire threatens your home.



2. PREPARE
 your home and get it ready for bush fire season.



3. KNOW
 the bush fire alert levels.



4. KEEP
 all the bush fire information numbers, websites & the smart phone app.

Bowraville Chamber of Commerce News

Membership forms will be available from mid-March at Phoenix, the Technology Centre, IGA and the Bowra Pharmacy so come along and join with us in developing ideas for the future health and prosperity of our town – As the financial year is more than half over the cost of joining is now just \$10 for individuals and not-for-profits, and \$20 for businesses. Meetings are held at 5pm on the first Tuesday of each month at differing venues around town – this month it is the hotel on 1 March. 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.

Some current projects of the Chamber are the development of an RV camping site within easy reach of the town centre and, along with that, improvements to the public toilet facilities. The development of the Great Koala National Park was endorsed by the Chamber some years ago and the longer walking trails in that proposal would end in Bowraville supporting both job creation and environmental awareness.

We are an important link between Bowra and the Nambucca Valley Council, a crucial role as ideas evolve for the redevelopment of our High Street from the school to the Phoenix.

In the last year the Chamber has also supported the 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 out the ideas for big bike rides from town. To add your business contact hello@visitbowraville.com. This is a visitor focused site, an adjunct to the bowraville.nsw.au that the Technology Centre maintains.

At the last meeting information was presented about the Regenerate Regional Leadership Program for individuals to develop collaborative leadership skills for their community and region. Applications close 21 March so if you want to be a part of our collective future it would be a fantastic tool to have. Visit rural-leaders.org.au or get brochure at the Phoenix. There are also possibilities for a grant writing course for members of not-for-profits, Contact Ali Buckley at ircfnambuccaali@gmail.com to be included.

Meanwhile progress continues on the new Sports Hub. Mimi Mothers Plastics Collective recycling system at the old Hide Factory is a step towards Bowra becoming a more sustainable society in balance with our mother earth.

Notice of Annual General Meeting

Nambucca Valley Phoenix will be holding its Annual General Meeting at
4.30pm on Wednesday 9th March, 2022 at the Phoenix Cafe.

Have a say in your local organisation & become a member! New membership applications must be submitted by Friday 4th February to enable you to vote at the AGM or to nominate for the board. Nominations for Board positions must be submitted by Wednesday 23rd February.

For more information please contact us on 6501 0021 or info@nvp.org.au

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Serving the community for over 60 years

The FluBot SMS cyber-attack continues to evolve - *From Page 18*



Cleaner Pipes includes a range of existing work designed to help keep our users safe from malicious activity online. We also recently announced we're blocking around 13 million scam calls, on average, from being delivered every month.

Alongside Cleaner Pipes, we're actively working to help people who have inadvertently been infected with FluBot. We identify compromised users based on the distinctive nature of the FluBot malware and notify those affected as to how they can fix their infected devices.

For those close to home, our free Broadband Protect service also helps safeguard you and the devices connected to your home network from accessing many known dangerous websites. Our data shows that Broadband Protect blocks, on average, around 2.5 million malicious websites per hour.

For even more online protection when you're out and about, our Device Protect product helps safeguard your mobile, tablet or laptop, keeping users from falling foul of scammers that want to do you harm.

- exchange.telstra.com

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Radio Nambucca — 2NVR — 105.9 FM — Summer 2021

Studio 3 Live on the 3rd Friday of each month 6-9pm



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Music for a Monday Morning EmmaG Energise your week with the EmmaG Music Show.	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	Aussie Grown Across the Nation Aussie Christian grassroots to charts	Tones of Clairresence Claire Watt-Powell Get that musical clairsence!	The Big Breakfast With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend!	Here Be Dragons Nuke or Elizabeth No-fear fire and ice music	Paint Ya Wagons Red Sean & Tim All the beats and all the drum	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	DJ Maccas Muse DJ Marco #timecasinup, indie artists, Aussie, international, LGBT aware, diverse musical genres	Gold at Breakfast Dayna Gold Wake up with Dayna, it's gold.	Phase Out With Faye Faye Aspinall Lots of Aussie music old and new	Talk Of The Town Can Wrobel See what's going down! All things local	Hair Of The Dog Mick Biffles Originals, covers, wildlife, wine and wisdom	Sunday Morning Music With Phil	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego & Ron Hawkins	Isn't It Romantic With Dallas Dert Crooners Easy Listening Popular Ballads	Turning Pages Elizabeth Newman	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will!	Flashback With Rob Davidson	Scoob's Smorgasbord With Scoobs	8 AM
9 AM	The Weekley Fix Paul Weekley	Life Words with Linda Bible reflections, Gospel & Australia	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	ETP Valley Vines & Voices With Elizabeth Newman	Dhirendra The Time Traveller Sounds from all over the place	Garage Noise With Sean Ambrose Alternative Music	You never know what you'll get. It's a musical feast!	9 AM
10 AM	Dyer's Loop Paul Dyer Music to dye for, of course.	Rock On With Jimmy & the Bluebirds	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Tewinga Tunes With Ralph Guaranteed ear candy	Peter's Pops With Peter Kirby	Saturday Roundup With Rachel Burns	Praise, Prayer & Pop With Michelle	10 AM
11 AM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Sister Act Olivia & Sam	MC Grim Mark Siegrim Music with a wicked difference	Thursdays Country Trackvic	Jammin' With Gin Gin's terrific tracks!	Two For The Money Paul and Rachel Burns	Classical Tunes & Melodies Peter Kirby	11 AM
Noon	Bowra Beats With Grass 2NVR Youth Radio	Retro Birds Robyn Whren & Sally Swan Not out of the box radio entertainment!	Loudhouse With Alex 2NVR Youth Radio	Nambucca Valley Roundup Retro	Turn Up The Volume With Macca	Aussie Music Weekly With Noddy	That's A Wrap Donna, Nigel, Mitch, Gary & Les Local sports results and in-depth analysis	Noon
1 PM	Music Makers With Yen Mixed music with featured artists	Blues Soul Funk Matt Leitbrandt & friends	The AMRAP Music Show Anthony Garmsey Solid Rock	Highway Blues With Retro When Only The BEST BLUES Will Do	Peter's Pops With Peter Kirby	Saturday Date With Stu Make a date for Stu to entertain you—yes you!	Imagine This Radio drama	1 PM
2 PM	2NVR Overnight Music Mix	2NVR	Ant's Rock Anthony Garmsey Solid Rock	Jeff's Junk Jeff Mills	2NVR	Wolfy Wolfy's music & requests	Prog Rock Playlist Reno	2 PM
3 PM	2NVR Overnight Music Mix	2NVR	Ant's Rock Overnight	2NVR Music Mix	Overnight Music Mix	2NVR	The Best of Progressive Rock	3 PM
4 PM	2NVR Overnight Music Mix	2NVR	Ant's Rock	2NVR Music Mix	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	4 PM
5 PM	2NVR Overnight Music Mix	2NVR	Overnight	2NVR Music Mix	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR	Overnight	2NVR Music Mix	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR	Overnight	2NVR Music Mix	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR	Overnight	2NVR Music Mix	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR	Overnight	2NVR Music Mix	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR	Overnight	2NVR Music Mix	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR	Overnight	2NVR Music Mix	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR	Overnight	2NVR Music Mix	Overnight Music Mix	2NVR	2NVR Overnight Music Mix	Midnight

AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am 2NVR — Multiple Award Winner Sports Calls Sunday Live: 2nvr.org.au/sports-channel Studio & Office: 02 6564 7777 <admin@2nvr.org.au> The Best Little Station In The Nation