



# 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 2021 ~ ISSUE #193 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

## BOWRA'S BIG BASH

After 2 false starts, (December and January event dates postponed due to rain) **Bowra's Big Bash** finally went off with a bang on Sunday the 14<sup>th</sup> February! The crowd started arriving before the advertised start time of 1pm and they continued to come and go throughout the afternoon and into the night. The weather finally on the side of the event organisers.

There was plenty on offer with slides, rides, Pets and Critters Petting Zoo, Coffs Critters and other stalls around the oval to amuse the kids, big and small. Performances by The Blue Bird Allstars, Nambucca Youthie, Sue Smoothy, Kailey Pallas, Graham Howle, Loose Cannons and Pirra kept the relaxed crowd entertained.

The consensus was that it was a great family day. The organisers were so pleased with the event that they are talking of holding another Big Bash in December this year. The activity was funded by Healthy North Coast through the North Coast PHN Program and was proudly presented by Bowraville Lions Club

Also proudly sponsored by Bowraville and District Ex-Services Club Ltd, Department of Primary Industries NSW, Nambucca Valley Council and Red Cross Australia.



# BOWRAVILLE COMMUNITY NEWS

**CIRCULATION = 400 COPIES**

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

## **2020 ADVERTISING CHARGES:**

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

## **DEADLINE FOR COPY FOR**

**THE APRIL 2021**

**ISSUE IS: 4:00PM**

**TUESDAY, 23rd MARCH 2021**

All contributions and advertisements for the next issue of the Bowraville Community News are due:

by e-mail, fax or hand in at the front counter at:

**BOWRAVILLE TECHNOLOGY CENTRE**

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

## **DISCLAIMER**

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

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

*“Like us on*



*search for “CTCBowraville”*”

# ***Bowraville Technology Centre***

**39 High St, Bowraville Ph. 02 6564 7420**

**Open 9.30 to 4pm Weekdays**

**Email: [admin@bctc.com.au](mailto:admin@bctc.com.au)**

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



**Now Open Monday to Friday  
9.30am to 1pm**



**You are invited to a  
Financial Literacy Workshop  
“In Charge of My Money”**

Learn how to manage your money over four weekly workshops offering IGA vouchers and giveaways. Join us each Thursday for brunch, tea and coffee. Thursday 4<sup>th</sup> & 18<sup>th</sup> March and 1<sup>st</sup> & 15<sup>th</sup> April, 2021 from 10 am to 12.30 pm in the Wesley Mission Training Room, 106 High Street, Bowraville. RSVP: Leah Woods, Financial Counsellor 0448 065 529 or [leah.woods@wesleymission.org.au](mailto:leah.woods@wesleymission.org.au) Places for this workshop are limited so please don't delay in registering.



**Health**  
Mid North Coast  
Local Health District

Anthony Te Rangi relocated from Newcastle to the Nambucca Valley at the beginning of the year to begin his new Job with Mid North Coast Health as Rural Community Counsellor.

We all know how this region has been effected by a lot in the last little while from drought to bushfires and now the effects of the Covid-19.

Anthony's role is to support rural people who are feeling down, lost or unwell mentally - so if you or anyone you know is feeling like this he is more than happy to call or visit to have a chat.

Anthony is happy to travel throughout the Nambucca Valley to come to where you are.

You can call Anthony on his mobile  
0436 454 179



**FITTING TURNING  
MACHINING**  
**0408 964 433**  
Steven Jeffries  
*Turning - Milling - Welding - Repairs - Parts Made  
Worn Shafts Re-Built - Aluminium & Stainless Welding*  
2 Park Street Bowraville 2449  
[www.fittingturningmachining.com.au](http://www.fittingturningmachining.com.au)

## 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**

*When you focus on  
problems, you will  
have more problems.  
When you focus on  
possibilities, you will  
have more  
opportunities.  
It's the way you look  
at life that matters.  
Nishan Panwar*

### **TAX GOT YOU BEAT?**

Do you need assistance with your  
Income Tax Return?

Each Monday at the Bowraville  
Technology Centre an ATO trained  
representative is there to help.

Phone 6564-7420 to make an  
appointment. It's free.

### *Check out the Bowraville Technology Centre's DVD Library*

The DVD Library operates on the  
same basis as our very popular  
Book Nook,

ie: an honesty system - and if  
borrowers would like to make a  
donation of \$1 each time they  
borrow it would be appreciated.



*A limit of 2 DVDs per borrower.*

#### **Special offer to community groups**

Save on paper and ink!

Email your poster and we will place it  
on our big screen TV for only \$1.00.

Your poster will remain on the big  
screen until your event or promotion  
has finished.

**You are invited to  
"GET READY Nambucca Valley"  
at Macksville Council Chambers  
Thursday 4th March at 5.30pm**

Nambucca Valley Council has teamed up with Red Cross, local SES', RFS, Fire + Rescue NSW to bring this emergency preparedness session to Bowraville. This event aims to help residents prepare for an emergency, access information and talk directly with our local Emergency Services. Supper will be provided so please RSVP for catering and COVID purposes. Call Rhiannon Treasure-Brand on 0418 206 748 or Alison Lavery on 0418 377 430.

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**Lions Awareness Day  
Saturday, 6th March**

Here's your opportunity to join the Bowraville Lions Club - see us outside the Bowra IGA in High Street and find out why we are Lions Club members.

*We will even shout you a  
sausage sandwich!*



Notice of **Annual General Meeting** of the **Bowraville Arts Council Inc.** to be held at 3.30pm on Sunday 14 March 2021 at the Bowraville Theatre, 74 High Street, Bowraville.

All positions will be vacated and voting will take place to fill positions for Committee. All financial members are eligible to vote. Membership forms will be available at the meeting. Anyone wishing to nominate, or be nominated for a position must do so in writing one week prior to the meeting. The positions to be vacated are President, Vice President, Secretary and Treasurer and three committee members.

For a Nomination Form please phone Dale Hawkins 6564-7461 for forms or information.

BOWRAVILLE ARTS COUNCIL Inc.  
ABN 54 179 193 559

**Coronation Kennels & Cattery**

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

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

**PHONE: 02 6568-2018**

Email: [marcia@coronationkennelsandcattery.com.au](mailto:marcia@coronationkennelsandcattery.com.au)

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

*We provide the following services:*

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

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

**Long Term Budget -**

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

Not available during school holidays



**Short-term Accommodation**

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

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**BOWRAVILLE GIFT SHOP**



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

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

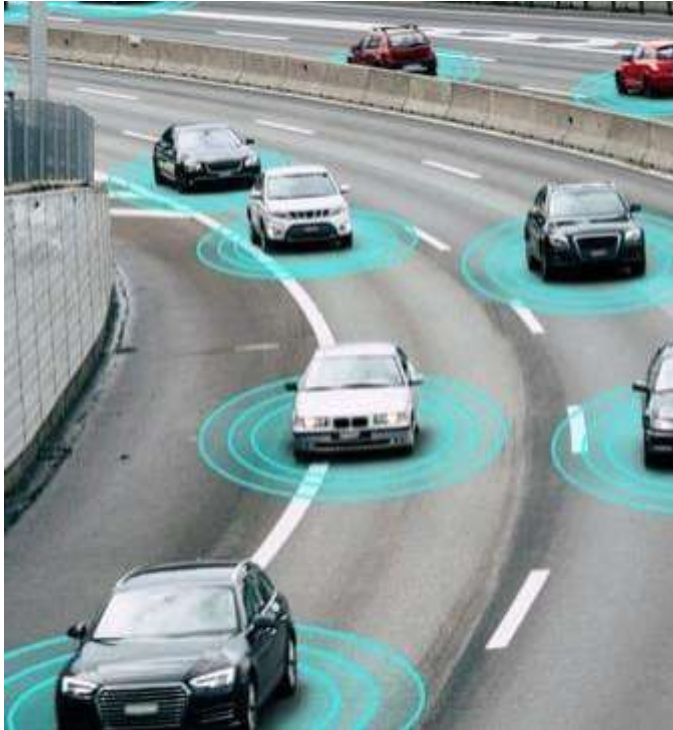
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## Australian scientists take massive step towards safe driverless cars

Australian scientists have made a big breakthrough in the race to develop driverless cars, taking the new tech to the streets of Sydney.

The home-grown technology — called collective perception messaging — enables cars to “see” around obstacles and through buildings, giving them better knowledge of any impending risks to vulnerable road users such as pedestrians and cyclists.

The technology connects driverless cars, giving them the ability to send information to other connected vehicles and devices, creating a more complete picture of their surroundings.



*Connected cars can talk to each other, alerting others to what they will do and of any perceived risks.*

This is achieved through what the scientists call an intelligent road side

unit, a stationary device that uses an array of sensors to build a digital image of its surrounding area that is then relayed to the connected driverless car.

This allows for the driverless car to increase its field of vision so it can plan and act on any perceived risks.

The tech was tested live in Sydney’s CBD and demonstrated how a vehicle could “see” through a building and take evasive action to avoid a hidden pedestrian about to run across the road.

The research group was made up of scientists funded by the iMove Cooperative Research Centre.

Professor Eduardo Nebot from the University of Sydney’s Australian Centre for Field Robotics said failing to maintain a sufficient level of awareness of other road users could have catastrophic consequences, but this tech went a long way to alleviating such problems.

Sr Mao Shan, the project’s lead researcher, said it was one of the first demonstrations of driverless cars working with collective perception messaging technology.

“We demonstrate in the experiments that a connected vehicle can ‘see’ a pedestrian around corners,” he said.

“More importantly, we demonstrate how connected autonomous vehicles can autonomously and safely interact with walking and running pedestrians.”

*Continued on Page 14*

# Lions Awareness Day - 6 March 2021

*There's a lot more to Lions Australia than barbecues.*

On Saturday, 6th March 2021, thousands of Australia's most dedicated and hard-working volunteers will be on deck to let you know more about what Lions Australia does.

After more than a century of helping others, we know our role as a service club is becoming increasingly important.

It may be providing emergency relief during natural disasters or supporting farming communities during drought, supporting critical medical research into childhood cancers and diabetes, or working on local environmental programs – the work of all of our members is valued and critical.

We hope you'll take the opportunity to join us at one of the many events that will be held across Australia - talk to a Lion and ask why they decided to give some of their time and effort to help others.

With over 30,000 members Lions Australia is Australia's largest service organisation. But there's much more to us than manning fundraising BBQs.

That's why we are taking the opportunity to tell our story on Lions Awareness Day. We want the rest of Australia to know more about what we do and the causes we support.

So if you see your local Lions club on Saturday March 6, be sure to stop and say hello!

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



## 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 \$4.50**  
*from 5pm to 7pm daily*

**FREE POOL Everyday**

3/11

## 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](mailto:bowrahotel@bigpond.com)

## Bowraville Recreation Club

On 7<sup>th</sup> Feb an afternoon presentation of Golf Club Championships was made to Men's AB&C Championship winners and Nett winners - Men's A grade champ was Glen Gillon, B-Mick Oldam and C-Eric Wise and Women's was Eliza McNally. Individual members made special awards for best golf story of the year, which was well acted out by Jim, to Noel McKay and for outstanding service to John Gonzales. Moira Welch was then called out the front to receive Life Membership for her Service to Bowls and Golf. Captain Wayne asked all present to note email and phone numbers so he can update everyone on the progress of the redevelopment and changes to play.

March will see the commencement of the building of the new club house. At different times various holes will be out of play. Wayne, a fairly new member of the club deemed the Bowraville Recreation Club the friendliest club of the many to which he had belonged. The Men's Bowls 4somes were completed and 3 ex left handed golfers and their younger mate won the day. Team was Beau, Pat, Daniel and Skip Greg. Thursday continues as a popular mixed day of bowls. Women's golf will commence officially on the first Thursday in March. Many also join in on the Saturday Comp. Contact 6564-7349.



## BowraMacksville United Hospital Auxiliary

BowraMacksville branch which man's the Hospital Café held their first meeting for 2021 on Friday 5<sup>th</sup> February. The meeting commenced with a minutes silence for past secretary Margaret Mottley who passed away in December. Seventeen members were welcomed and thirteen apologies noted. We also welcomed Lisa



Slater acting director of nursing, who will now transfer to Coffs Harbour to supervise the vaccination from Coffs. Treasurer Dee reminded all that equipment to the value of over \$60,000 was donated in the last financial year and this year's wish list is similar \$61,000. An important and immediate replacement Renal Ultrasound which was purchased for the dialysis unit is already in use. The remainder went to the Emergency Department and Perioperative. Because of Covid19 restrictions we were also asked to purchase education equipment for in-house training. The Café is very busy and while we have 22 eligible volunteers on call many more would be appreciated to lessen the load.

Lisa Slater thanked all our volunteers for their great effort and made special mention of the ultrasound which is so appreciated. She gave a hospital update and then answered many questions. Of special importance was the election of Susan Hedgecoe as acting secretary. Jan Tinson accepted the role of organiser for raffles. Six members will attend the Zone Day at Sawtell in March. Our next meeting will be on the 21<sup>st</sup> May. Nambucca also have an Auxiliary and run Bingo at the Ex Servicemen's Club. In late news the whole Nambucca Valley will be delighted to learn that the hospital has received a 5 million grant to purchase a CatScan.

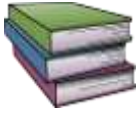
## Bowraville Garden Club

Representatives from our club visited Macksville Hospital in February to view the table setting donated by the 3Valley Garden Clubs and BowraMacksville UHA. All were impressed with the workmanship and suitability for use by patients visitors and staff. Our first meeting saw all 15 members present. Due to Covid19 it was decided to not make out a year's program



*Continued on Page 30*





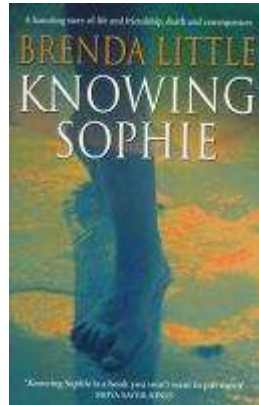
# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## Knowing Sophie

by Brenda Little

Why would a woman so loving and beloved choose to die?

After Sophie Martin's death those who loved her are left with their guilt and a need for answers.



The subject matter of this novel is a bit sad – suicide and the effects on the people left behind.

It is, however, quite gripping and hard to put down.

The book starts immediately with Caroline telling of her almost lifelong connection with, and love of, her best friend Sophie who has suicided.

Sophie was the wife of David and the mother of young twin boys, Ben and Tom. When she ended her life no-one “saw it coming” and no-one could grasp why yet nearly everyone who knew her privately wondered if they had contributed to Sophie’s decision.

Each chapter is told by a different person and although most of the characters know each other they don’t all get along and to a tee, none can understand Sophie’s

friendship with Caroline.

As characters are revisited and life after death unfolds Brenda Little portrays the sadness, the need for answers and some of the difficulties that come with the death of a person – practicalities have to be faced: jobs, children, etc.

Into the aftermath of Sophie’s death, when David and Sophie’s friends Caroline, Nin and Kate are already struggling with their loss and grief, the author introduces Nell, David’s unbearable mother, and her second husband Henry both in ailing health.

This is followed by a doctor, the reappearance of a medium some of the women know, a housekeeper and Sophie’s brother who hasn’t put in an appearance in years and the relationships become even more interesting and more complex.

Secrets unfold and families and friendships are put to the test.

I really enjoyed *Knowing Sophie* and hope you do too.

- This book read and reviewed by volunteer Raewyn.

Brenda Little has written 18 books - 11 of which are about gardens, gardening, herbs and spices. She has also written *Josephine and Me*, *Dear Henry* and *Delight in Fire*.

### 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.

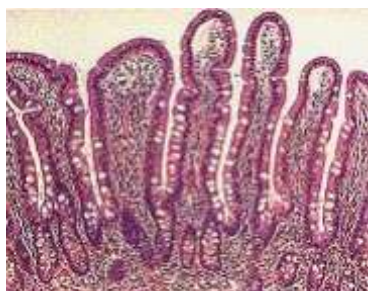
Thank you.

### Now at the BTC A DVD Library

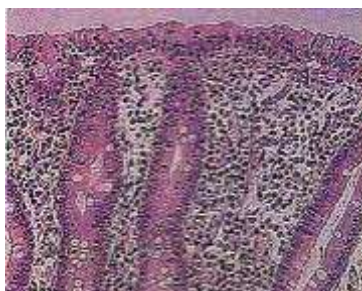
Operating on the same basis as our very popular Book Nook, ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.  
*A limit of 2 DVDs per borrower.*

# What is coeliac disease?

In people with coeliac disease (pronounced 'seel-ee-ak' and spelt celiac in some countries) the immune system reacts abnormally to gluten (a protein found in wheat, rye, barley and oats), causing small bowel damage. The tiny, finger-like projections which line the bowel (villi) become inflamed and flattened. This is referred to as villous atrophy. Villous atrophy reduces the surface area of the bowel available for nutrient absorption, which can lead to various gastrointestinal and malabsorptive symptoms. Symptoms can also be caused by chronic inflammation in other parts of the body.



Healthy Villi



Damaged Villi

A number of serious health consequences can result if the condition is not diagnosed and treated properly.

## Who gets coeliac disease?

Coeliac disease can develop at any age and affects both men and women.

You must be born with the genetic predisposition to develop coeliac disease. The most important genes associated with susceptibility to coeliac disease are HLA DQ2 and HLA DQ8. Either one or both of these genes are present in the majority of people with coeliac disease. While 50% of the population carry one or both of these genes, only 1 in 40 of these people (approximately) will get coeliac disease.

A first degree relative (parent, sibling, child) of someone with coeliac disease has about a 10% chance of also having the disease. If one identical twin has coeliac disease there is an approximate 70% chance that the other twin will also have coeliac disease (but may not necessarily be diagnosed at the same time). If you or a close family member have been diagnosed with coeliac disease, download the family screening letter, which has been designed to take to a GP to request screening for family members who have not already been tested.

Environmental factors play an important role in triggering coeliac disease in infancy, childhood or later in life.

## How common is the condition?

Coeliac disease affects on average approximately 1 in 70 Australians. However, around 80% of this number remain undiagnosed. This means the vast majority of Australians who have coeliac disease don't yet know it.

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**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**.

**easyScript**  
your safe & convenient script service

**All your prescriptions at your fingertips.**

- ✓ secure
- ✓ simple
- ✓ convenient

**FREE**

**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



# Regional seniors travel card applications open for 2021

The regional seniors travel card is pre-loaded with \$250 for eligible seniors living in regional, rural and remote NSW to spend on travel-related expenses. It can be used to purchase pre-booked NSW TrainLink train and coach services, fuel and taxi services.



The card is intended to reduce travel costs for eligible seniors living outside major cities who typically have longer distances to travel and fewer transport options.

Eligible seniors have from 18 January to 30 November 2021 to apply for a regional seniors travel card. Seniors who have a 2020 card will need to apply to receive a card in 2021. Successful applicants should activate their cards within 45 days of receiving it. They have 14 months to use the card before it expires.

To be eligible to receive the \$250 regional seniors travel card, you must be an age pensioner with a valid Pensioner Concession Card, or hold a Commonwealth Seniors Health Card or DVA Veteran Gold Card issued by either the Department of Human Services or Department of Veterans' Affairs. You must also permanently live in regional NSW outside Sydney, Newcastle and Wollongong. For further important information about the RSTC please read the Product Disclosure Statement and Terms and Conditions at [service.nsw.gov.au/RSTCterms](http://service.nsw.gov.au/RSTCterms).

We encourage you to apply in a COVID-safe way by going to [service.nsw.gov.au](http://service.nsw.gov.au) or calling 13 77 88, however you can also apply at a Service NSW Service Centre.

- [transportnsw.info](http://transportnsw.info)

## LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

### PRESIDENT

Mark Scott  
M: 0428527545

### SECRETARY

Lisa Matters



3/11



Email:

[bowraville@lionsdistrict201n1.org.au](mailto:bowraville@lionsdistrict201n1.org.au)

PO Box 23 Bowraville NSW 2449

## BOWRAVILLE DENTAL SURGERY

Vic Bird B.D.S.

*"Your local dentist"*

Caring for YOUR dental wants and needs.

*No hard sell.*

9/11

58 HIGH STREET  
BOWRAVILLE

6564-7246

**BOWRAVILLE THEATRE**



**OPEN DAY/AGM**

**2.00 pm Sunday 14 March 2021**

**Bowraville Theatre, 74 High Street, Bowraville**

Tours - see and experience the new improvements to the Theatre

Hear about - and maybe join one of our member groups –  
*Bowraville Theatre Singers and Bowraville Theatre Performers*

Learn how a volunteer run theatre works and join one of our teams:

**Administration**

- Theatre Office
- Memberships
- Bookings
- Rostering

**Event Management**

- Box Office
- Ushers
- Front of House
- Cafe workers

**Technical**

- Sound and Lighting
- Movie Projection
- Event Assistance  
to performers
- Theatre Maintenance

**Sourcing Events  
and Movies**

**Grants Writers**

**Come along and sign up as a Volunteer or member and get first 3 months free.  
Membership \$25 per year.  
(Volunteers must be members)**

**AGM FOR MANAGEMENT COMMITTEE AT 3.30PM.**

**ALL POSITIONS OPEN.**

**NOMINATION FORMS FROM SECRETARY – DALE HAWKINS 65647461.**

**ALL FINANCIAL MEMBERS CAN VOTE. MEMBERSHIP FORMS AVAILABLE ON DAY.**

**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

**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](http://ratemyagent.com.au)

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

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## Australian scientists take massive step towards safe driverless cars - *Continued from page 6*

Connected vehicle technology could become more common as 5G mobile networks get rolled out. The super-fast networks can transmit data between cars in a fraction of a second allowing for quicker decision making.

The trial equipment included an array of cameras and sensors designed to alert drivers of upcoming potentially dangerous situations such as another vehicle running a red light or when vehicles further down the road have stopped suddenly.

Any rollout in connected cars could see your commute change dramatically by helping to increase traffic flow improving commute times and reducing the road toll.

Most car companies and tech giants — including Uber, Amazon and Google's parent company Alphabet — have been developing driverless car tech with some success.

Many cars now have semi-autonomous technology that can steer, brake and change lanes on its own. But a human must always have its hands on the wheel.

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



In 2019, Lexus Australia announced it would be taking part in a connected car trial with VicRoads.

N/C

### 4 SIMPLE STEPS

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**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 Lions Club Inc News Bulletin

MARCH 2021



## Lions Awareness Day Saturday 6th March

**There's a lot more to Lions Australia than barbecues.**

On Saturday, 6th March, thousands of Australia's most dedicated and hard-working volunteers will be on deck to let you know more about what Lions Australia does.

After more than a century of helping others, we know our role as a service club is only becoming increasingly important.

It may be providing emergency relief during natural disasters or supporting farming communities during drought, supporting critical medical research into childhood cancers and diabetes, or working on local environmental programs – the work of all of our members is valued, and critical.

**We hope you'll take the opportunity to join the Bowraville Lions Club outside the IGA in High St and find out why we are Lions Club members.**

***We will even shout you a sausage sandwich!***

With over 30,000 members, Lions Australia is Australia's largest service organisation. But there's much more to us than fundraising BBQ's.

That's why we are taking the opportunity to tell our story on Lions Awareness Day. We want the rest of Australia to know more about what we do and the causes we support.

So when you see us on Saturday March 6, make sure you stop and say hello!

Did you know

- LIONS HELPED FUND THE BIONIC EAR
- LIONS DONATE 2 MILLION HOURS OF COMMUNITY SUPPORT EACH YEAR
- LIONS INVEST MILLIONS OF DOLLARS INTO ENVIRONMENTAL PROJECTS
- LIONS FUNDED THE DEVELOPMENT OF A CERVICAL CANCER VACCINE
- LIONS INVEST \$5 MILLION PER YEAR DEVELOPING YOUNG LEADERS.



## 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
- Early Links Mission:**
- "Every child, every opportunity"
- Early Links Vision:**
- "Communities where every child participates and every family is respected"
- 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
  - Build confidence to achieve your goals
  - Develop your existing support networks and create new networks
  - Look at ways you can participate and be a part of your community.



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

## Creating a Special Needs Garden For Children



Gardening with and for special needs children is a very rewarding experience. Creating flower and vegetable gardens has long been recognised as being therapeutic and is now being widely embraced as a tool to help children with special needs develop skills necessary to enjoy all the positive paybacks that come with being in nature.

Cited benefits of special needs gardening include improved motor skills, enhanced creativity, increased social skills and improved self-confidence. Gardening also reduces stress and helps children cope with anxiety and frustration.

### *Creating a Special Needs Garden*

Creating a special needs garden does require some planning and attention to detail. The plantings and hardscape garden elements should be well suited for the people that the garden will serve.

The first step in planning a garden for kids with disabilities is to assess the range of disabilities.

*Continued on Page 20*



**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

2/11

## 2NVR 105.9 fm Nambucca Valley Radio, *Your Voice in the Valley*



2NVR is your voice in the Valley, transmitting from the Tewinga Studios, 834, Rodeo Drive. The station is lucky to have 2 studios for broadcast, plus a third as a Presenter's Lounge for meetings, gatherings, training and, most importantly, for 'Studio 3 Live' which is 2NVR's monthly live show, held on the 3<sup>rd</sup> Friday, 6-8pm. The 2NVR crew welcome various artists to perform live with a live studio audience. You are invited to come along for free, family entertainment in a COVID safe environment. Enjoy the live music and witness live radio as we broadcast on 105.9 fm and stream via [www.2nvr.org.au](http://www.2nvr.org.au), the show is also streamed by Braidwood FM. BYO drinks, nibblies and your ears. Oh yes, and we also have Studio 4 for training, editing and preparing programs; how lucky are we?

On March 19<sup>th</sup> we will welcome Valla duo, 'Thoughts & Prayers' they are, TV and Radio Sports commentator, Debbie Spillane and Brett Barber, who have a focus on beautiful harmonies.

April 16<sup>th</sup> will feature Singer/songwriter James Bennett. James incorporates many different elements into his performances including Weissenborn Lap Steel, 12 & 6 string guitars, stomp box, foot tambourine, harmonica and a very unique vocal style. With Lyrical Influences of Paul Kelly and Bob Dylan & a guitar style inspired by John Butler and Xavier Rudd, a James Bennett performance is the ultimate blend of these artists. James creates an emotional but energetic experience for the listener and you will not be disappointed!

*Other exciting ventures at 2NVR include:*

An opportunity to train as a 2NVR Presenter - initial training will take place on March 20<sup>nd</sup> and 21<sup>st</sup>. If you would like to take part please phone Ion Newcombe on 0408 696 184.

*Continued on Page 30*

# Bowra Laundromat

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3/11

## Frank Partridge VC Military Museum

*Named in honour of Frank Partridge -  
the youngest and last Australian recipient of the  
Victoria Cross in WW2.*

The museum houses a fantastic collection of military memorabilia and artefacts including uniforms, medals, weapons, vehicles and much more.

***This museum is a 'must see'.***

Open Monday - Friday 10am to 3pm  
Saturday & Sunday 10am - 12 noon  
or by appointment.

*Admission by Gold Coin Donation.*

29 High Street, Bowraville 6564-7056  
enquiries@militarymuseum.org.au

1/11

## ~ GARDENS & GARDENING ~

From Page 18

Make a detailed sketch of the proposed garden and use it as a guide.

### *Types of gardens*

Sensory gardens full of textures, smells and sounds are extremely therapeutic. Well-designed sensory gardens are also relaxing and educational.

Theme gardens can be fun and flowers, nuts and seeds from the garden can be incorporated into art projects and other special activities.

Special needs garden ideas include paying attention to each child's specific needs. Thought should be given to plant height, walkways or space for wheelchairs and other walking aids. Build table high beds for children in wheelchairs so that they can reach plants easily. Make paths and seating accommodating as necessary.

Plant selection for gardening with special needs children is also important. As with any garden, choose plants that are well suited for your particular growing region. Native species work best. Also, always put safety first. Some plants grow thorns while others tend to be toxic. Children are curious and much care should be taken to ensure that all elements of the garden are safe.

Since special needs gardening has gained popularity, there are many special needs garden ideas and resources available to help plan appropriate gardens for kids with disabilities.

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

## 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

## FOOD HUB

***Now at  
St James'  
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*St James' Anglican Church - Bowraville*

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

***Everyone welcome***

N/C

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Pages you  
might like to  
follow:

**GO BOWRA!** – The "baby beginnings" of getting great things to happen for Bowraville 2449.

**Visit Bowraville** – a Tourist Information Centre.

**Flash & Maz Walk around Bowraville** & sometimes go to the beach – photos of Bowraville and surrounds.

**Humans of Bowraville** – (*new*) photos and stories from people in Bowraville.

**Bowra Sports Hub** – updates about the amazing changes occurring around the Bowra Rec Club.

**Bowra Youth Hub** – Bowraville Youth Hub is a place for the community to access with a focus on young people empowerment. The Youth Hub aims to provide Bowraville with a sense of community and strengthen relationships. Call Virginia Jarrett 0439 228 581 for further information.

**Frank Partridge and Frank Partridge VC Military Museum** – Updates from the museum.

**BACK TO BOWRA in years gone by** - photos of the "Back to Bowra" festival from days past and ideas about reinvigorating it.

**Bowra Country Markets** – Held at the Pioneer Community Centre, 70 High Street Bowraville, on the 2nd Saturday of every month, from 9am to 1pm.

**Ctc Bowraville** – bits and piece – lots of dog stories.

**Nambucca Valley Phoenix** - Not-for-profit organisation providing employment and artistic opportunities for people living with a disability and others in the community.

**Jaanyмили Bawrrungga** - Our focus is to increase the coordination of services and programs being delivered to the Bowraville community.

*More next issue*



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

## Prebiotics vs Probiotics



You may have been told to take probiotics to improve your gut health. Maybe you've heard people talk about increasing their prebiotics foods. If you're confused about what the words probiotic and prebiotic actually mean, you're not alone.

In this guide, we set the record straight to explain the difference between prebiotics and probiotics as well as how you can add them into your diet.

### What are probiotics?

Probiotics are the "good" bacteria naturally found in our digestive tract and may be naturally present in fermented foods, have strains added to certain foods (or drinks) or be in a supplement form.

### What are the benefits?

Probiotics help keep our digestive tract healthy via a number of different functions. Different types of probiotics have different outcomes on the body. For example, some types of probiotics may help with mental health conditions, whilst others are better for the skin condition eczema. The probiotics you consume in foods or supplements are transported to your gut. However, the acidity of the stomach means some of these probiotics don't take hold and pass straight through the digestive tract. It has been shown that probiotics are usually sensitive to pH levels below 3, with some of the more commonly used probiotics stable to a pH of 2.5, for no longer than 4 hours.

### What are prebiotics?

Prebiotics are the fibres which feed the good bacteria in our digestive tract. We like to think of them as the fuel for our gut microbes. There are a few different types of prebiotic rich fibre, with the most commonly discussed called resistant starch. You know the stuff which stays in your pan when you cook pasta? That's resistant starch, and our good gut bugs love it!

Other types of prebiotics come from fructans and galacto-oligosaccharides (GOS). If you are familiar with the low FODMAP diet, you may be aware that both fructans and GOS come under the umbrella of high FODMAP foods.

### Why are prebiotics so good for our gut microbes?

When we eat prebiotics, they are digested and fermented by the healthy bacteria in our gut. As a result of this fermentation process, a number of by-products are formed. The most common of these are called short chain fatty acids (SCFA). These have the ability to change the environment of our digestive tract, and provide a health protective effect. For example, production of the SCFA Butyrate has been shown to reduce the risk of bowel cancer. Prebiotics not only have protective effects on the gastrointestinal system but also on other parts of the body, such as the central nervous system, immune system and cardiovascular system.

### What foods contain pre and probiotics?

You may commonly associate probiotics with the capsules you can buy from the chemist but they can also be found in food. As with many nutrients, it's recommended to consume food rather than supplements unless advised by a medical professional.

*Continued on Page 24*

# Decoding Those Food Cravings

## Emotional Food Cravings

Ever found yourself eating particular foods when you're stressed or simply bored? When you're feeling a certain way, say sad, frustrated, irritated or even lonely. There's a good chance your food cravings could be emotional in nature.

Are you trying to fill a void by eating 'this' food? Is it a way to distract yourself from emotions you don't want to experience? Has an emotional situation triggered your craving/s? Or has an emotion like loneliness been bubbling away under the surface for a while?

The key to emotional-based eating is to tune into the emotion that's taking over your body and emotions - and the answer to what you really need is not the food you crave! You probably already know that but don't know how to stop it, so start with the following three steps:

## Nutritional Food Cravings

Sometimes we crave foods because it contains something we need. The body uses a wide range of different nutrients for different processes. But how do you know if your cravings are based on what nutrients are in those foods you crave?

If the food comes processed or in a package, DO NOT buy it without looking at the ingredients list first. Is that list full of ingredients that you can identify? Or is it mostly numbers and chemical-sounding words? If it's full of things you don't 100% know what they are there's a good chance that your body won't either and it's probably not going to make you feel any better, nor give your body the nutrients it needs.

## Hormonal Food Cravings

When we talk about hormonal food cravings we're not talking about your tendency to eat more sweet potato when you're pre-menstrual or your preference for salads around ovulation. We're talking about the common low mood, hormonal cravings like chocolate, chips, ice cream and other sweets.

If there is a hormonal imbalance causing your cravings there will be other signs - for example an acne breakout, PMS symptoms. You may even experience weight gain thanks to your oestrogen levels.

These signs are simply messages from the body to you, trying to communicate that your hormones are overtaking the show. When it comes to understanding and balancing your hormones, the first step always is to track your cycle and the signs. It's easy, it's free and it can show you so much about your cycle health.

## All of the above?

It's rare for any food craving to have one sole cause, in fact it's rare for ANY health challenge to have only one sole cause. The majority of food cravings are a complex combination of emotions, nutrient challenges and hormone imbalances. Addressing one area may help, but for long term results it's not going to correct the problem if the other contributing factors keep ticking along.

Don't fret, you're not alone with this problem and it is possible to balance them all out if you seriously tune into what you are feeling and ask yourself is this food really going to make me feel better?

- [www.wellsome.com/decoding-your-food-cravings/](http://www.wellsome.com/decoding-your-food-cravings/)

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# What is coeliac disease? *Continued from page 10*

Although better diagnosis rates in recent years can be partially attributed to improved awareness of the condition, there has also been a true increase in the incidence of coeliac disease.

## **Can coeliac disease be cured?**

People with coeliac disease remain sensitive to gluten throughout their life, so in this sense they are never cured. However, a strict gluten free diet does allow the condition to be managed effectively.

A strict, lifelong gluten free diet is currently the only recognised medical treatment for coeliac disease. By removing the cause of the disease, a gluten free diet allows the small bowel lining to heal and symptoms to resolve. As long as the gluten free diet is strictly adhered to, problems arising from coeliac disease should not return. Relapse occurs if gluten is reintroduced into the diet.

## **What are the long term risks of undiagnosed and untreated coeliac disease?**

The long term consequences of untreated coeliac disease are related to chronic systemic inflammation, poor nutrition and malabsorption of nutrients. For more information, see [coeliac.org.au](http://coeliac.org.au)

Fortunately, timely diagnosis of coeliac disease and treatment with a gluten free diet can prevent or reverse many of the associated health conditions.

[www.coeliac.org.au](http://www.coeliac.org.au)

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

### **Prebiotics vs Probiotics - Continued from page 22**



Some foods that contain probiotics include fermented foods such as kimchi, sauerkraut, kombucha, kefir and miso. This is because the good bacteria that we want to look after in our guts are responsible for the fermentation of these foods.

Sources of prebiotics include cooked and cooled potato (similar to the pasta discussed previously), just ripe banana, wholegrains such as barley and oats (soaking them makes them even more resistant starchy), legumes such as chickpeas, and certain vegetables such as onion, asparagus and artichoke.

### **Why consume both?**

It is important to consume not just probiotics, but plenty of prebiotic rich foods for optimal gut health too. Probiotics may be useful in some instances with each type of probiotic being good for different things. For example, we know lactobacillus rhamnosus is good for eczema, whilst lactobacillus plantarum helps maintain intestinal permeability. Whilst prebiotics provide the fuel for the healthy bacteria in the gut.

Ensuring to include a diverse array of different fibre rich foods, and probiotics on an as required basis, will provide the best outcomes for optimising your gut health.

[www.finder.com.au/prebiotics-vs-probiotics](http://www.finder.com.au/prebiotics-vs-probiotics)

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# Great Koala National Park Update

## Media Release

A landmark study by the University of Newcastle into Australia's proposed first large national park dedicated to protecting koalas has projected additional regional economic output of \$1.2 billion over the next 15 years and \$1.7 billion in biodiversity value.

The proposed Great Koala National Park will add 175,000 hectares of native state forests to existing protected areas to establish a 315,000-hectare reserve on the NSW Mid North Coast. The site, which includes two koala metapopulations, would protect an area that is home to around 20 per cent of the NSW koala population habitat.

The research by the University of Newcastle examined the economic impact over the next 15 years estimating expenditure across three stages: park establishment, park management and visitor expenditure.

Professor Roberta Ryan said the research demonstrated clearly that the Great Koala National Park would deliver a significant uplift in jobs and revenue for the Mid-North Coast region. "Over the next 15 years the Park is projected to generate more than 9,800 extra full-time equivalent jobs across tourism, infrastructure, science and education, and inject \$330 million in additional wages into the region," Professor Ryan said.

The employment projections estimated the phasing out of approximately 675 direct and related forestry full-time equivalent jobs over a 10-year state forest native logging industry transition period. "The research found that the loss of jobs in the medium-term in the state forest native logging industry would be more than compensated by the creation of new jobs in the management of the national park and in eco-tourism."

The research projected that the positive impact on the tourism economy would be significant including accounting for the effects of COVID-19. "The research estimates conservatively that the Great Koala National Park would boost the tourism sector by an additional 1 million visitors to the region by the end of 15 years, who will spend \$412 million," she said. The University study quantified the biodiversity value of transitioning 175,000 hectares of state forests to national park using the 'Willingness to Pay' methodology – a well-established international approach used to assess the community's willingness to pay to preserve the biodiversity for iconic sites, such as the Great Barrier Reef. "Given the significant decline in the koala population from drought and bushfire and that we are confronting the reality of their extinction, the environmental value of each individual koala is now significantly higher than previously," Professor Ryan said. "The biodiversity value of the koala is estimated to be \$530 million for the NSW population and \$1.7 billion for all Australians."

The proposed Great Koala National Park spans five local government areas – Bellingen, Clarence Valley, Coffs Harbour, Kempsey and Nambucca. The project steering group comprised the three funding partners of Bellingen Shire Council, Coffs Harbour City Council and Destination North Coast NSW.

- From Professor Ryan from the University of Newcastle.

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# Just 17 facial expressions express happiness around the world

*Disgust needs just one facial expression to get its point across throughout the world. Happiness, on the other hand, has 17 varied forms of cheer, delight and contentedness, research finds.*

Experts have discovered that the human face is capable of contorting itself into more happy faces than any other emotion.

Only three facial guises successfully convey fear, four show surprise, five display sadness and anger and one for disgust.

Happiness, on the other hand, has 17 - a testament to the many varied forms of cheer, delight and contentedness.

“This was delightful to discover,” said Aleix Martinez, cognitive scientist, professor of electrical and computer engineering at The Ohio State University, and study co-author, “because it speaks to the complex nature of happiness.”

Researchers at the Ohio State University compiled a list of 821 words that expressed emotions and had these translated into a number of languages including Spanish, Mandarin Chinese, Farsi and Russian.

They plugged the words into search engines popular in 31 countries across North America, South America, Europe, Asia and Australia, and ended up with approximately 7.2 million images of facial expressions across a variety of cultures.

Despite the plethora of facial arrangements that are possible with the human face, researchers found only 35 were transferable over different cultures.

Psychologists have debated how to classify human emotion for centuries. An ancient Chinese text described seven “feelings of men” as joy, anger, sadness, fear, love, disliking and liking.

Martinez, whose research interests intersect both engineering and the behaviour of the human brain, thought there had to be more than just seven or eight.

“To think that humans are only capable of eight emotions is absurd,” he said. “We are complex creatures. What about the different forms of joy? We experience the world on a much deeper level than just eight emotions.”

Martinez figured they’d find at least a few hundred, but found only 35.

“We were shocked,” Martinez said. “I thought there would be way, way more.”



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



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### Time

10 am - 12.30 pm

### Where

Wesley Mission Training Room  
106 High Street, Bowraville

### RSVP

Leah Woods | Financial Counsellor 0448 065 529

[leah.woods@wesleymission.org.au](mailto:leah.woods@wesleymission.org.au)

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Places for this workshop are limited so please don't delay in registering.

1/1



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# Can you be poisoned by green or sprouting potatoes



Most of us are aware that we shouldn't eat green potatoes. But why?

Exposure to light triggers certain physiological reactions within the tuber. The production of chlorophyll triggers the green colour – this is not at all harmful and indeed contains high quantities of beneficial minerals such as iron. It is also what creates the deep green colour found in all edible leafy green vegetables.

But light and warmth also triggers the production of Solanine – a chemical which can cause symptoms of poisoning in humans if ingested in large quantities. Symptoms include nausea, diarrhoea, vomiting, stomach cramps, burning of the throat, headaches and dizziness. This chemical tends to be concentrated under the skin of the potatoes alongside the chlorophyll and also in the newly developing shoots. So it may be advisable not to eat green potatoes or those that have begun to grow shoots.

## Grow your own

Of course, you can remove the green area of peel and the shoots which will reduce any chance of a toxic reaction but there can still be a bitter flavour to potatoes that have begun to grow. The start of the growth process will also begin the assimilation of the sugars and vitamins present which means that the potato is now less nutritious, too.

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

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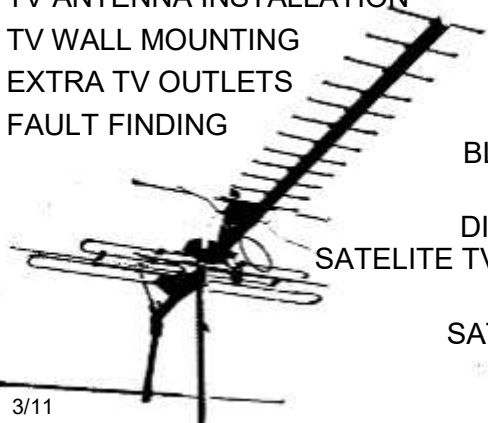
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2/6

# BOWRAVILLE GROUP NEWS

From Page 8

but, with a list of potential venues tabled, to determine outings monthly. In March we plan a Kempsey outing. Members will be notified by email. Barbara 6564-7039.

## Bowraville Seniors

Our February meeting welcomed 2 new members Margaret Kenny and Gae Channells. As both have long time associations with

Bowraville, our small group is becoming a good



source of Bowraville history. The AGM saw Carol Townley accept the role of President and Gae Channell's accepted Vice President. Other positions remained the same. Main discussion concentrated on plans for 2021. From next meeting we will revert to the 11am commencement at the Coach House Inn followed by lunch. However after much discussion it was decided to change the date to the 3<sup>rd</sup> Friday of each month. This means we have other venues to visit in Bowraville where we feel most activities will be based. Membership of \$20 is now due. For March our new Vice President will also be our guest speaker when she will talk about her experiences as a house sitter. Our new president has also made suggestions for a future trip. Come along and be part of this great social club. Contact Carol 6564-7076 or mobile 0400 818 713.

- Compiled by Isabelle Hooper.

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**ACKNOWLEDGEMENT of a job well done . . .** On Pancake Tuesday (Feb 16th) the ladies from St James Anglican Church delivered to the business district of Bowra, pre-ordered PANCAKES both savoury and sweet.

The pancakes came complete with cutlery, napkin and a thank you card - we at the BTC thoroughly enjoyed our pancakes and would like to say *Thank You* and to let you know your effort was valued and appreciated.

2NVR 105.9 fm  
Nambucca Valley  
Radio - From page 19



Emergency Preparedness Training for our Presenters on March 6<sup>th</sup> from the Community Media Training Organisation, this was deemed necessary due to the Fires, Floods, Drought & Pandemic experienced in our region, so we can keep broadcasting accurate and timely information in times of emergency.

An invitation was extended to our Presenters, to MC at the Scotts Head Festival on April 11<sup>th</sup>.

The 2NVR Sports crew will be calling the footy again this year, dates to be announced once the draw is available.

Visit [www.2nvr.org.au](http://www.2nvr.org.au) to learn more about your Community Radio Station.

*Feel like . . .*

a coffee and a treat in a relaxing atmosphere among friendly people?



The back deck at the Bowra Community Centre could be just the place.

***It's open each Saturday***  
*from 9am to 1pm for delicious treats and hot drinks.*

A great place to meet & relax.

From Page 5

### **Macksville/Bowra Uniting Church**

The March service will be conducted by the Rev. Tom Fairhall on Sunday 14<sup>th</sup>. We would like to encourage our residents to come along and join in this service which will include the Macksville congregation.

The World Day of Prayer is to be held world-wide on Friday 5<sup>th</sup> March but unfortunately there will be no service in Bowraville but locals are invited to attend the services in Nambucca Heads to be held at 10.00a.m. in the Christian Life Centre or the Anglican Church in Macksville will be holding a 6.00pm service in the Macksville Catholic Church as there is more space to follow the Covid Rules.

### **Uniting Church Op Shop**

The Op Shop is operating very successfully on Tuesday, Wednesday and Thursdays and we thank our regular volunteers and put out a call to any locals who would like to join our friendly team. Mal Ryan organises our roster and her phone number is 6568-3268. We appreciate those members of the public who make it possible to run this shop by their donations of good clean clothing and furniture. God bless you all. Mavis Ward (Secretary) phone 6568-2451.

### **IN APPRECIATION**

Members of the Uniting Church Opportunity Shop would like to publicly acknowledge their thanks to both the late Jim Wilson and the late Mary Ode who worked tirelessly at our Op Shop in Bowraville over several years. Their help and friendship was greatly valued by us all. May you both rest in peace.

- Mavis Ward (Secretary Macksville/Bowraville Uniting Church)

## **Josh's winning ways**



While Bowraville Central School Year 11 student Josh Callaway sometimes has trouble with balance and communicating clearly, one thing he has never had a problem with is saying 'yes'.

That was certainly the case when asked to nominate for the Keep Australia Beautiful Young Legends Environment Award in 2019 and it was the case again last year when Josh was given another special proposition.

Josh agreed to enter the ABC's Heywire project - an initiative for regional Australian youths that begins with a storytelling competition and finishes in a national summit in which representatives from each region pitch ideas to improve the lives of young people in our regions.

The judges were so moved by Josh's candid submission that he was selected as a winner, and a representative for our region.

While the thought of now having to speak publicly at a national online summit terrifies Josh, he's not about to let it stop him.

And he was surprised to find the experience of recording his story which was broadcast on ABC radio an exhilarating one.

"Some people let their disability define them - I don't do that. One thing I've learned is that if you want something, you gotta go get it," he said. "I'm just all about getting up and doing whatever it takes, and not letting excuses stand in my way."

But it's exactly this can-do attitude that makes him such a compelling person.

We look forward to seeing what heights Josh scales next.

- Adapted from Guardian News story by Mel Leigh Dee

# Things You Can Do With a Can of Cooking Spray

*You already have it in your cupboard, now find out what else you can do with it!*

## 1. Silence Squeaks

Any sort of oil can help silence squeaky hinges, chains, and other metal parts. But not all of those oils come in a handy spray can like cooking spray does! Just spray a little bit of oil onto the squeaky area, then enjoy the silence that follows.

## 2. Remove Bugs

You know those bugs that get splattered on the front of your car? Sometimes they can seem downright impossible to remove! But instead of struggling and potentially damaging the paint, go grab your can of cooking spray! Spray a bit onto the stubborn bug, wait a few seconds, then use a microfiber cloth to wipe the area clean.

## 3. Loosen Locks

Sometimes locks get stiff and hard to turn but there's an easy fix for that. Just coat the key to the lock in a bit of cooking spray then use the key to lock or unlock the door. The cooking spray will transfer to the mechanisms inside the lock and make things glide a little easier.



## 4. Make Popcorn

Instead of buying a special popcorn oil for making homemade popcorn, just use your can of cooking spray! It makes it much easier to achieve an even coating of oil on the kernels, which is one of the keys to perfect popcorn!

## 5. Prevent Stains

I'm sure many of us have a few food storage containers that are now slightly orange due to tomato sauce stains. But here's a tip that can help you keep it from happening again! Before filling the container coat the inside with a bit of cooking spray. When you put your leftovers inside the cooking spray will act as a barrier between the plastic and the food which should prevent the reaction that stains your containers.

## 6. Clean Soap Scum

Cooking oil can help break down stubborn mineral deposits and soap scum in your tub or shower – but make sure to wash the area thoroughly afterwards. Also a tiny spritz of cooking spray can make your faucets and fixtures really shine!

## 7. Shape Patties

Your hands are often your best tools in the kitchen but sometimes it can turn into a sticky situation! You can make many hands-on tasks, like shaping burger patties, easier by coating your clean hands with a layer of cooking spray. No more sticking!

## 8. Measure Sticky Liquids

Measuring honey, molasses and maple syrup can be a pain because once you put them in the measuring cup they tend to want to stay there. So next time you're measuring out something sticky coat the measuring cup with cooking spray first. The sticky liquid will slide right out!

## 9. Slicing and Dicing

How to stop diced or minced foods sticking to the knife. Easy - coat your knife with cooking spray first - food will slide easily off the knife and you'll finish faster. This is especially helpful for sticky stuff like garlic!

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



# Vocational Courses Available at

Bowraville Education Campus from 2021  
Making choices for Preliminary and HSC

## WHICH ACADEMY WILL YOU CHOOSE?

- Hospitality Food and Beverage
- Sports Coaching
- Information and Digital Technology
- Construction
- Primary Industries - Agriculture
- Skills for Work and Vocational Pathways
- Business Services



Adult Learners  
Welcome

Contact Bowraville Central School Careers Advisor, Eve Riches  
on 6564 7162



**TAKING  
ENROLMENTS**

# The Benefits of Eating Less Meat

*Plant-based burgers -  
vegie, lentil, tofu and tempeh are now available from most  
supermarkets in the cold foods section.*



*Meat-free Mondays is definitely a thing – and for good reason.*

A plant-based diet which emphasises fruits, vegetables, grains, beans, legumes and nuts is rich in fibre, vitamins and other nutrients and has been proven to offer countless health and lifestyle benefits. Even if practised just one day in a week.

Here are some of the main benefits of reducing our consumption of meat.

**Improved weight loss:** People who don't eat meat – vegetarians – for the most part eat fewer calories and less fat.

**Improves your mood:** Research shows that vegetarians may be happier than their meat-eating counterparts. There is an element of freshness to most vegetarian dishes, especially when it comes to featuring organic produce – this is bound to purify our minds and keep our thoughts positive.

**Benefits the environment:** Not eating meat also has huge benefits for the environment. Meat production is a leading cause of climate change, water depletion, soil erosion and most other environmental problems. According to the United Nations, a global shift towards a vegan diet is vital to save the world from the worst effects of climate change.

**Saves you money:** Let's face it, meat can be costly. Substituting a meat protein for vegetables high in protein such as quinoa, buckwheat, soybean and foods such as hummus, will save you in the pocket and around the waist.

**It's good for the heart:** Non-meat eaters show a lower risk of heart disease than their meat-eating counterparts. Vegetarian diets are naturally low in saturated fats, and cholesterol, and have been shown to reduce heart disease risk. Data also shows that vegetarians suffer less disease caused by a modern Western diet.

Diving right in and giving up meat altogether might be daunting, so one day a week is a good start and can make you feel like you're heading towards a healthier lifestyle.

- [mindfood.com](http://mindfood.com)

**Historic  
St James Anglican  
Church  
High St. Bowraville**



**The 10am Sunday Service  
has resumed.**

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

Phone: 6568 9029

email: [nambuccaanglicans@tpg.com.au](mailto:nambuccaanglicans@tpg.com.au)

1/11

**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.

1/11

# BOWRAVILLE CENTRAL SCHOOL

## MARCH 2021

Bowraville Central launched its exciting new Bowraville Education Campus (BEC) concept on the first day back Monday 1<sup>st</sup> February. Thirty Year 11 and 12's were welcomed into the new program for the first time, with each of them enrolled in at least one of either - Hospitality, IT, Construction, Business Services or Primary Industries.

Sports Coaching and Foundational Skills for Work will be added next year as interest increases.

Students will all work towards Certificate III in their chosen industry one day per week, while also taking traditional academic subjects to complete the HSC, giving them the best of both worlds. Adult learners are also encouraged to apply.



Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2021

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Music for a Monday Morning EnmaG Energise your week with the EnmaG Music Show.	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	2NVR Music Mix Gold at Breakfast Dayna Gold Wake up with Dayna. It's gold.	Under The Stingling Tree Poppa All music, news, info...	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 and comedy	Tiki Lounge Remix Seth Jordan (2BBB) World music, contemporary jazz, digital beats, & sonic erotica	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	Learner Drivers Or 2NVR Music Mix Dyer's Loop returns, next season	Isn't It Romantic With Dallas Derrit Crooners Easy Listening Popular Ballads	Tones of Clairseense Claire Walt-Powell See what's going down! All things local	Talk Of The Town Ceri Wobbel When anything can happen and probably will	Hair Of The Dog Mick Birries Rock, Pop, Covers and Music Trivia	Sunday Morning Music With Phil Folk and Aussie music focus from the past few decades	7 AM
8 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego & Ron Hawkins	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	Turning Pages Elizabeth Newman ETP Valley Views & Voices With Elizabeth Newman	Dad's Mixed Grill Daniel Gosson Sounds from all over the place	Flashback With Rob Davidson Garage Noise With Sean Ambrose Alternative Music	Phase Out With Faye Faye Aspicola Lots of Aussie music old and new	8 AM
9 AM	The Weekley Fix Paul Weekley	Rock On With Jimmy & the Bluebirds	Just For You Carole J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	Turn Up The Volume With Les McAlshon	Dhirendra The Time Traveller Sounds from all over the place	Two For The Money Paul and Rachel Burns Politics & the Environment Michael Jones Music, political and environmental issues	Imagine This Radio drama Speculative fiction	9 AM
10 AM	Roving with Bubble 'n' Squeak Michelle & Linda Bible reflections, Gospel & Australian	Sister Act Olivia & Sam	MC Grim Mark Seegrin Music with a wicked difference	Thursdays Country Trackovic	Wind Down for the Weekend Shu & The Crew Eclectic, irreverent fun with more than a dash of insanity	Saturday Roundup With Rachel Burns Two For The Money Paul and Rachel Burns	That's A Wrap Donna Nigel Mitch Gary & Les Local sports results and in-depth analysis	10 AM
11 AM	Macca on a Monday Les McAlshon Playing Rock n Roll from the 60s, 70s & 80s	The Blue Wren & Sally Not out of the box radio entertainment	Tune in with Alex 2NVR Youth Radio	Highway Blues With Rebo When Only The BEST BLUES W/ Do	Rhino On The Radio Allan Quinn Eclectic, irreverent fun with more than a dash of insanity	Prog Rock Playlist Rhino The best of Progressive Rock	Mal Leigh Dee's Melodies A different theme every show	11 AM
Noon	Blues Soul Funk Matt Leibrand & friends Blues, soul, funk and lively interviews.	Soul Into Rhyme Just get rapped with Matt	Ant's Rock Anthony Gamsey Solid Rock	Jeff's Junk Jeff Mills 2NVR Music Mix	Sat Night Gold on Friday Allan Quinn Allan Quinn will entertain you with rock 'n' roll oldies, all the hits and memories...	Wolfy Wolfy's music & requests	2NVR Overnight Music Mix	Noon
1 PM	Hinterland Ben Walters	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	1 PM
2 PM	Music Makers With Yen Mixed music with featured artists	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2 PM
3 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	3 PM
4 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	4 PM
5 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Midnight

National Radio News is broadcast each weekday at 6am, 7am, 8am, 9am, Noon, and 6pm. 2NVR — Multiple Award Winner. Tewingas studio and office: 02 6554 7777 email: admin@2nvr.org.au The Best Little Station In The Nation