



# 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

**MAY 2021 ~ ISSUE #195 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449**

*National Volunteer Week will celebrate the significant contribution of Australia's almost six million volunteers.*

*Each year these volunteers dedicate over 600 million hours to help others.*

*The National Volunteer Week 2021 theme is*

## **Recognise. Reconnect. Reimagine.**

**RECOGNISE, celebrate and thank volunteers for the vital role they play.**

Never has this been more evident than after a year where Australia has dealt with drought, bushfires, floods and then a global pandemic. Amidst these events, volunteers continued to deliver essential services, organise food packages and offer care, comfort and support. Volunteers make our communities stronger, especially during times of need, crisis or isolation.

**RECONNECT by giving our time to help others and ourselves.**

In a year when many of us have experienced increased loneliness and isolation, mental health or financial stress, volunteering can help. Evidence shows that volunteering connects us to others in our local communities, to better mental well-being or to potential pathways to employment. When we help others in our community, we also give back to ourselves.

**REIMAGINE how we can support volunteers and the communities they help.**

In the current changing environment, where Australians are time-poor and experiencing higher degrees of uncertainty and stress, we need to reimagine how we do things. We need to collaborate more and adapt our volunteering practices and programs so we can better support and engage volunteers to.

**Explore volunteer opportunities by visiting [www.GoVolunteer.com.au](http://www.GoVolunteer.com.au)**

- [volunteeringaustralia.org](http://volunteeringaustralia.org)

*Read more about our volunteers on Page 33.*



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# 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

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

## DEADLINE FOR COPY FOR

**THE JUNE 2021**

**ISSUE IS: 4:00PM**

**TUESDAY, 18TH MAY 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)

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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

**ADVERTORIAL and GENERAL**  
**CONTENT ENQUIRIES to**

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

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

# ***Bowraville Technology Centre***

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

**Open 9.30 to 4pm Weekdays**

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

- Centrelink Access Point
  - Computer Training ■ Internet Access
  - Equipment Hire ■ Media Sales
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- Volunteers Welcome*



BreastScreen  
NSW



Health

# screened in Bowraville

The mobile unit will be in Bowraville for one week from 17th to 25th May in the the Ex-Services Club car park.

For women aged 50 to 74 years.

**Call 13 20 50 to book your free screening Mammogram.**

20 minutes every 2 years could save your life.



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## 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**

### **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.



*“We make a living  
by what we get,  
but we make a life  
by what we give.”*

*- Winston Churchill  
1874-1965*



## 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.*

## Bowra's Biggest Morning Tea - Friday, 21st May

Coming in May - The Biggest Morning Tea a fund raiser for cancer research.

Cancer Council Australia is a not-for-profit national organisation which aims to promote cancer control policies and reduce the illness caused by cancer and advises many groups on cancer related issues. It is totally dependent on community donations.

Fund raising includes the May's Biggest Morning Tea, August's Daffodil Day and a new initiative Junk Free June where people are encouraged to eliminate junk food from their diet.

One third of common cancers can be prevented through diet, maintaining a healthy weight and regular physical exercise.

Last year, due to Covid, donations dropped by 79%. So, in 2021 the 28<sup>th</sup> year of its commencement, Bowraville Seniors are encouraging Bowraville residents to join them at the Folk Museum in an effort to make this a very special event.

*A sobering statistic* - By the age of 85 one in 2 people have cancer.

See you at our Biggest Morning Tea stall in the front of the Folk Museum on Friday 21st May between 10am and 11.30am

Delicious Morning Tea -  
gluten free available - raffles.  
\$5 donation.



### Coronation Kennels & Cattery

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

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**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

4/11

### 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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# Australia's first satellite to help detect bushfires within one minute of ignition set for launch

Imagine a system that could detect any bushfire in Australia within minutes of ignition so firefighters could tackle the blaze before it spreads.

Last month saw an important development on the road to this future: a Queensland-based company, Fireball, announced the first purpose-built satellite for fire detection in Australia.

Scheduled for launch a year from now, the satellite is the first of a planned constellation of 24 that will monitor Australia from low Earth orbit.

Once the full system, including ground-based cameras and aerial drones, is up and running, Fireball says it will be able to spot any fires within one minute of ignition.

That may sound like a bold claim, but it's consistent with the goals of other organisations working on similar technology.

Within five years, experts say, we could have a national system of automated bushfire surveillance.

And we'll need it, too. With climate change, the continent is drying out and the summers growing longer and hotter, and bushfires are predicted to become more frequent and intense.

Catastrophic bushfire seasons, like the 2019-20 Black Summer, will be inevitable.

According to Marta Yebra, director of the Australian National University (ANU) Bushfire Initiative, advancements in satellites, drones and AI will drive big changes in firefighting. At the same time, the challenges to making it happen are daunting.

A national system to detect fires in one minute one would produce vast amounts of data and require unprecedented cooperation between the patchwork of authorities and organisations.

The system would amount to automated surveillance of millions of square kilometres, accurate down to a few square metres and working non-stop all year.

## How do we detect fires currently?

Though firefighting services have been trying new methods for detecting fires, most bushfires are still reported through triple-0.

There's no reliable Australian data on the average time between ignition and detection

(due to the difficulty of calculating ignition time), but a 2012 CSIRO experiment Found an observer in a tower took about 30 minutes.

In remote places without observers, or at night, fires can burn for hours before they're reported.

Fanned by wind, a new fire can spread at astonishing speeds. A CSIRO study estimated this at 1,500 square metres every 10 minutes.

In effect, authorities sometimes don't know about a fire until it's too late to stop it.

An ANU study last year attempted to model the economic cost of not detecting fires early over the coming years, when bushfires are expected to grow more frequent and intense.

It found detecting and responding to both large and small fires within 30 minutes could save over \$8 billion in destroyed property and fire-fighting costs over the next 30 years.

## Algorithm often quicker than triple-0

During the Black Summer, an algorithm developed by RMIT used photos from the Japanese weather satellite Himawari 8 photos to detect new fires.

The detection system turned out to be blindingly quick.

It took the system about 60 seconds to process the satellite photos and sound an alert, said Simon Jones, a professor at RMIT's Remote Sensing Research Group, who helped develop the algorithm.

However, the total detection time was longer than that, because Himawari 8 only takes one photo every 10 minutes and the data has to first travel through the Japanese meteorological service. Ultimately, there's a minimum half-hour delay built into the system.

Also, fires smaller than a few football ovals might not be detected because the resolution of the satellite photo is only about 500 metres per pixel.



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

### BOWRAVILLE THEATRE - Sunday 2nd May @ 2pm Showing **THE BIGGEST LITTLE FARM**

This is a feel-good movie, an agricultural thriller that turns the politics of ecological documentary on its head. Most eco-documentaries tell us how humans are ruining the planet. They're feel-bad movies. This one shows how two people turned that around, in their small corner of the world. The film succeeds beautifully. The science is fascinating, the results thrilling, the message sober and empowering. The Chesters do not want to preach or lecture. They simply want to grow healthy things, and thereby save the world.



### DEVELOP YOUR DIGITAL SKILLS AND CONFIDENCE

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

**Be Connected**  
Every Australian online.

### BOWRA COUNTRY MARKET 9th May 9am - 1pm

Held the 2nd Saturday of each month at the Pioneer Community Centre in High Street Bowraville. **MAKE IT \* BAKE IT \* GROW IT \* RECYCLE IT \* UP-CYCLE IT.**



## Bowraville Bus Timetable

**Departs** Bowraville Post Office at 7.13am Bowraville IGA at 8.13am and 9.13am

**Returns** Macksville to Bowraville at 2.35pm, 3.35pm, 4.35pm, *Last bus at 5.25pm*

Red Ticket — \$2.50 per day Eligibility: Pension Card

**busways** Telephone: 6568-3012



### Bowraville & District Ex-Services Club 6564-7304

*What we have to offer . . .*

**TAB - KENO - BINGO**

**RAFFLES - Wednesdays & Friday**

**MEMBERS' DRAW min \$1000**

**KITCHEN Wednesday to Saturday**

**Lunch 12-2pm - Dinner 6-8pm**



**HAPPY HOUR - All Schooners \$4.50  
from 5pm to 7pm daily**

**FREE POOL Everyday**

## BOWRA HOTEL

OPEN 10AM - MIDNIGHT

### BISTRO

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LUNCH 11:30am-2:00pm Tues - Sun

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

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Wine & Dine on the Verandah

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Ph.6564 7041 bowrahotel@bigpond.com

## Macksville/Bowra Hospital Auxiliary

At last we can once again hold our raffles and street stalls in the three valley towns. Please support us on the 4<sup>th</sup>, 5<sup>th</sup> and 6<sup>th</sup> May in front of the Bowraville Pharmacy. As this is a Mother's Day stall look for interesting gifts. Your support will add to our funds to purchase equipment for Macksville Hospital. Our Café at the hospital is so well supported that this financial year our purchases amount to over \$60,000 the same as the last financial year. One special purchase was for the dialysis unit which means locals no longer need to travel to Coffs Harbour for the usual 3 months but can commence dialysis locally. Others funds went to the Emergency Department, the General Ward and Special Education Equipment for Training. Our next meeting will be on Friday 4<sup>th</sup> June at the Bowra Rec Club from 10am.



## Bowra Recreation Club

Despite all the rain the course has held up better than expected but has delayed operations in the new development. Golf and bowls pennants are underway. A very successful charity day for RUOK held in April, raised over \$1520, when over 80 golfers and bowlers supported this day as a memorial to a local member. Another charity day was held on Sunday 18<sup>th</sup> for Cancer Research. Contact 6564-7349



## Bowraville Garden Club

April saw us visit several Coffs nurseries but in May we are staying

local so we can attend the Nambucca Orchid Show which was cancelled last year. As some of our own members will be exhibiting we wish them success. Another of our members belongs to Coffs Harbour Bonsai Society so we can share our expertise with members. If you have spare potted plants BowraMacksville Auxiliary would appreciate any to add to their Mother's Day stall in May. Contact Isabelle 6564-7179. Members were invited to join Nambucca River Garden Club on their bus trip delayed also due to rain. Our Garden Club meets on the 2<sup>nd</sup> Friday of each month. Contact Barbara 6564-7139

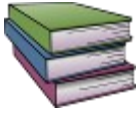


## Bowraville Seniors

Due to the March rain our meeting was cancelled but **May will see us at the Folk Museum where we will host the Biggest Morning Tea on Friday, 21st May from 10am to 11.30am. Come and join us for a delicious morning tea, gluten free available, raffles - \$5 donation.** April will see our new President Carol in charge and we hope to be entertained by member Gai, our first speaker for 2021 when she entertains us with reminiscences of her time as a house sitter. For more information contact Carol on 6564-7076.







# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## These Things Hidden

by Heather Gudenkauf

Some books have the ability to haunt us; to linger in our minds long after we close the cover, this is such a book.



Allison Glenn was sent to prison for a crime so hideous the other inmates wanted nothing to do with her. She has learned to glide through life, dependent only on herself and her lawyer Devin. But Allison had a whole life before she became a ghost - a life where she was a golden girl - a straight A student, soccer star, volleyball, basketball, track, and swimming star. She was pretty. She was popular. A life with a sister, Brynn, who is now the only person besides herself who knows what actually happened the night her life went completely off track - and stayed there.

When Allison is sent to a halfway house, much stays the same. Then a kind deed puts Allison on a collision course with all the people who hold pieces to the puzzle that destroyed her. The decisions she makes will once more affect the course of dozens of lives - and determine who among them won't get to live at all.

Even when we learn what she was imprisoned for, we don't learn the critical

details for much of the book. Gudenkauf shows incredible talent in setting all this up - she reveals just enough to keep you going, hides enough that you are anxious to move forward to find out just what the heck happened and how that will affect today. The tone of the story is dark. What happened was bad. What is happening around it now feels bad as well.

So if you like your mysteries intense, know this book would fit that bill.

Another terrific ability Gudenkauf has is to create compelling characters. This is vitally important because this entire mystery is people-driven as opposed to action-driven. Each decision is like a domino - revealing something simply by knocking down the decision beside it. It works because from Claire, the bookstore owner who gives Allison a job, to Charm, the regular patron with a secret, each character is well-drawn and interesting. Each felt shockingly real - you had the frustration and anger, joys and sorrow you would feel when reacting to real people.

This book is gripping and intense, well-written and well-plotted. In the end, what kept this book from being an A was Allison's minimal growth as a character. But it's still an amazing book. Recommended to anyone who enjoys intensity in their mysteries.

- Reviewed by Maggie Boyde - [allaboutromance.com](http://allaboutromance.com)

### BOOK NOOK NOTICE

We are extremely grateful for book donations but we do not accept old or worn books, text books, old non-fiction or children's books as we have limited display shelving and even more limited storage space.

Thank you.

### Now at the BTC A DVD Library

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

# National Palliative Care Week

## 23rd to 29th May

### What is palliative care?

Palliative care is person and family-centred care provided for a person with an active, progressive, advanced disease, who has little or no prospect of cure and who is expected to die, and for whom the primary goal is to optimise the quality of life.

End-of-life care is the last few weeks of life in which a patient with a life-limiting illness is rapidly approaching death. The needs of patients and their carers is higher at this time. This phase of palliative care is recognised as one in which increased services and support are essential to ensure quality, coordinated care from the health care team is being delivered. This takes into account the terminal phase or when the patient is recognised as imminently dying, death and extends to bereavement care.

Palliative care is care that helps people live their life as fully and as comfortably as possible when living with a life-limiting or terminal illness.

Palliative care identifies and treats symptoms which may be physical, emotional, spiritual or social. Because palliative care is based on individual needs, the services offered will differ but may include:

- Relief of pain and other symptoms e.g. vomiting, shortness of breath
- Resources such as equipment needed to aid care at home
- Assistance for families to come together to talk about sensitive issues



- Links to other services such as home help and financial support
- Support for people to meet cultural obligations
- Support for emotional, social and spiritual concerns
- Counselling and grief support
- Referrals to respite care services

Palliative care is a family-centred model of care, meaning that family and carers can receive practical and emotional support.

### Who is palliative care for?

Palliative care is for people of any age who have been told that they have a serious illness that cannot be cured. Palliative care assists people with illnesses such as cancer, motor neurone disease and end-stage kidney or lung disease to manage symptoms and improve quality of life.

For some people, palliative care may

*Continued on Page 21*

**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*



# Happy Mother's Day



*Spoil Mum with a luxurious UAINE ('oonyah') CANDLE*

UAINE Candles is an Australian owned and operated business with the goal of making beautiful candles that are the cleanest, safest and healthiest available.

UAINE Candles are hand poured using 100% soy wax and the finest fragrances and raw materials available. Unlike most other candles, they contain no chemicals or additives - they are natural and fresh and vegan-friendly.

### **Blush**

A gentle, lasting fragrance. Feminine, opulent, perfect for all rooms in the home.

### **Almond, Musk & Sandalwood**

Gentle but very fragrant. One of our most popular fragrances  
Ideal for living areas or bedrooms.

### **Flannel Flower**

A gentle but lingering fragrance. Soft leafy green with a hint of mint and a splash of cream. Suitable for any room including bedrooms.



**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*





### Star Wars Day - 4th May

The date was chosen for the pun on the catchphrase "May the Force be with you" as "*May the Fourth* be with you". Fans across the world have chosen to celebrate the holiday as an annual celebration of *Star Wars*. May the Fourth Be With You!

### World Password Day – 6th May

This day was created to raise awareness about the importance of using strong passwords. A strong password helps you keep your personal information safe and prevents someone else from getting into your account.

Create a strong and complex password: Use 8 characters or more. It can be any combination of letters, numbers and symbols.

Make your password unique: Do not use the same passwords on other sites. If one site gets hacked the password could be used to enter another site.

Avoid personal information and common words: Do not use personal information like your birthday or words like "password" or patterns like "1234".

### Mothers' Day - 9th May

The tradition of a day to celebrate mothers can be traced back to the times of the ancient Greeks who held festivities to honour Rhea, the mother of the gods. Early Christians celebrated the fourth Sunday of Lent as a Mother's festival to honour Mary, the mother of Christ.

### International Nurses Day - 12th May

A day to focus on the changes to and innovations in nursing and how they will ultimately shape the future of healthcare. As the largest healthcare profession, nurses should play an integral part in planning the future of healthcare.

### National Day of Healing – 26th May

Formerly, and still occasionally known as National Sorry Day, National Healing Day offers the community the opportunity to acknowledge the impact of the policies spanning more than 150 years of forcible removal of Aboriginal and/or Torres Strait Islander children from their families.

## LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY



4/11

**PRESIDENT**  
Mark Scott  
M: 0428527545



Email:

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

**PO Box 23 Bowraville NSW 2449**

## BOWRAVILLE DENTAL SURGERY

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*No hard sell.*

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**58 HIGH STREET  
BOWRAVILLE**

**6564-7246**

# BOWRAVILLE PIONEER COMMUNITY CENTRE

A big thank you to everyone who supported our Easter Raffle and especially to IGA Bowraville for their very generous donations and Bowraville Hotel for a lovely bottle of wine, it is much appreciated. All money raised goes towards our Fix the Leak fundraising efforts.



We currently have a Mother's Day raffle to be drawn on Saturday 8th May, again with some great prizes including a generous \$50 voucher from Foodworks, Macksville.

We have 2 sausage sizzles coming up at the Macksville Hotel on Friday 7th May and Friday 28th May both from 4.00pm to approx 6.00pm. We thank them for supporting our Fix the Leak fundraising, so come down and grab a snag sanga and say hello.

In other news, the Bowraville Community Development Assoc Inc which operates the Pioneer Community Centre, are pleased to announce a \$15,000 community grant from BCU for use in the Bowraville community. Further details to follow.

In some other great news, work will soon commence on replacing a couple of the very weathered verandah posts at the hall and then we will be painting them and the front of the hall in a lovely new colour scheme. We will need volunteers to help with this big job, so members please offer an hour or two to help. We will let you know well in advance! If you would like to become a member it is only \$10 to join. Don't forget the hall is available, with kitchen if required, if you have a small event or you would like to rent it on a casual or regular basis for meetings, craft workshops, Yoga etc. There is also a private upstairs office space for rent available and a small storage area on a casual or permanent basis. Wi-Fi is available in the building.

For any information regarding Hall Bookings or Corporate Sponsorship please call Kim Deane- Hall Manager 0413 888 780 or Marion Syratt, Secretary BCDAl 0400 828 471.

## BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

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FAX: 6564 7364

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Saturday 8.45am - 12 noon

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KERRIE SAVINS



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NARELLE HARPER 0435 054 625  
[www.atrealty.com.au](http://www.atrealty.com.au)

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

## **between Dementia and Alzheimer's Disease**



**Dementia** is a general term for a decline in mental ability severe enough to interfere with daily life.

**Alzheimer's** is the most common cause of dementia. Alzheimer's is a specific disease.

Dementia is not.

Learning about the two terms and the difference between them is important and can empower individuals with Alzheimer's or another dementia.

### **Dementia Overview**

Dementia describes a group of symptoms associated with a decline in memory, reasoning or other thinking skills. Many different types of dementia exist and many conditions cause it. Mixed dementia is a condition in which brain changes of more than one type of dementia occur simultaneously.

Dementia is not a normal part of aging. It is caused by damage to brain cells that affects their ability to communicate which can affect thinking, behaviour and feelings.

Dementia is not a single disease; it's an overall term, like heart disease, that covers a wide range of specific medical conditions including Alzheimer's disease. Disorders grouped under the general term "dementia" are caused by abnormal brain changes. These changes trigger a decline in thinking skills, also known as cognitive abilities, severe enough to impair daily life and independent function. They also affect behaviour, feelings and relationships.

Dementia is often incorrectly referred to as "senility" or "senile dementia" which reflects the formerly widespread, but incorrect belief, that serious mental decline is a normal part of aging.

### **Causes**

Dementia is caused by damage to brain cells. This damage interferes with the ability of brain cells to communicate with each other. When brain cells cannot communicate normally thinking, behaviour and feelings can be affected.

The brain has many distinct regions, each of which is responsible for different functions (for example, memory, judgment and movement). When cells in a particular region are damaged that region cannot carry out its functions normally.

Different types of dementia are associated with particular types of brain cell damage in particular regions of the brain. The brain region called the hippocampus is the centre of learning and memory in the brain and the brain cells in this region are often the first to be damaged. That's why memory loss is often one of the earliest symptoms of Alzheimer's.

### **Alzheimer's Overview**

Alzheimer's is a degenerative brain disease that is caused by complex brain changes following cell damage. It leads to dementia symptoms that gradually worsen over time. The most common early symptom of Alzheimer's is trouble remembering

*Continued on Page 22*





# **Bowraville Lions Club Inc News Bulletin**

**MAY 2021**



## **Town Clock Tower - It's Time for Repairs**



Our beloved Town Clock Tower is in need of some repairs as the wood is starting to rot at the base.

Thanks to a Nambucca Council Heritage grant and the Bowraville Lions Club these repairs will be carried out this month by Chris D'Elboux and volunteers from the Bowraville Lions Club (weather permitting).

Some painting will be required around the base as well as some work on the garden beds so if you are interested in helping or making a donation please contact the club.

### **Lions Club of Bowraville**

**President: Mark Scott**

**M: 0428 527545**

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

**PO Box 23 Bowraville NSW 2449**



## Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation

ABN:19746606729

*"Empowering Aboriginal and Torres Strait Islander communities to gain independence and inclusion through the deliver and support of culturally appropriate community services"*

Ph: 02-6564 7559, Hrs: Mon to Fri 8:00am to 4:00pm,

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



## CHSP & NRCF

(In the Nambucca Valley)

- Outings & day trips
- Group Activities
- Meal Assistance
- Friendly telephone calls & visits
- Letter writing and other correspondence
- Assisted Transport
- Advocacy
- Communication with Carers
- Peer Support
- Referrals to other Agencies
- Respite for Carers
- Carer support – group day trips
- Young Carer
- Carer Information
- Carer Referrals
- Carer Counselling/Advocacy
- Transport
- Individual Carer Support/Plans
- Carers Week Activities
- Relaxation Days

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met.

It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

## Early Linker Program, Mid North Coast

(Kempsey to Red Rock, Coffs Harbour)

- Early Links is for:**
- People with a disability aged 0-8 yrs and who are generally not accessing any specialist disability service
  - Carers and families of people with a disability
  - The community
  - People wanting assistance to accessing community and mainstream services, knowledge, resources and opportunities in their communities
- Early Links will assist with:**
- General development concerns
  - Information and support for families to find out about their children's disability needs
  - Identify concerns, set goals and development plans for the future
  - Connecting with other parents, community and service providers

### Early Links Mission:

*"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 your community.



# *Who We Are and Who We Can Be*

*by Susan Jenvey*

*(Councillor on Nambucca Valley Council)*

## Royal Commissions

On April 19 the government announced a Royal Commission into Defence and Veteran Suicides.

Some Royal Commissions have been more successful than others at resolving the problems they seek to address, but they are a great way for collective action to influence government policy.

Two examples where Royal Commissions have ushered in broad cultural change would be the Royal Commission into Institutional Child Sexual Abuse. The 8000 people who made submissions had a huge impact on the understanding of the General Public into the true effects of sexual abuse.

Another example of great life-saving change came from the Bush Fire Royal Commission in Victoria. This commission led to changes in the warning system to how people should act in dangerous situations, where the preservation of human life became paramount.

Royal Commissions are a great way to gather research, to make the research visual and accessible for lasting change. Royal Commissions also have special powers to compel witnesses to put facts on the table where they otherwise would not, and that is why we need them. Research can only get at issues where people are willing to talk.

The terms of reference are also critical to a lot of the debate. How best can the Royal Commission address the issue at hand? The desired outcome would be for specific recommendations, that are well thought through, and where a process is developed with support along the way. These are the things that make it hard for governments to ignore.

A successful Royal Commission must also navigate having a team of commissioners, with different strengths and perspectives that can work well together.

The families and others impacted by Defence and Veteran suicides have asked to be included in setting up the terms of reference so that their voices and stories can be heard into the future.

At this stage we await to see what the set up will be and can only hope that a significant and enduring contribution is made to better policy outcomes.



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

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

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

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

**SEEDS**

**POTTING MIXES**

**COMPOST**

**FERTILISERS**

**SOIL & WATER  
CONDITIONERS**

**MULCHES**

**ORGANIC GARDENING  
SUPPLIES**

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

**51 CARBIN  
STREET  
BOWRAVILLE  
6564 8648**

3/11

## Create a Cosmetic Garden



Herbal and botanical extracts in beauty products have become increasingly popular. Odds are, most of us are already growing plants that have healing benefits for skin or hair in our gardens or flowerbeds.

You don't need to be a botanist or chemist to take advantage of these natural beauty products – dried, ground plants can be added directly to the beauty products you already have.

A beauty garden can be as big or small as you like, you can designate a whole flowerbed to plants that will be used for beauty or you can just mix a few favorites into existing beds. A beauty garden can be as simple as a few plants growing in pots in a windowsill or on a balcony.

### *Plants for Beauty Gardens*

Below is a list of some plants for beauty gardens and their cosmetic benefits:

**Aloe Vera** – calms and repairs skin. Use on burns, cuts, rashes and wounds. It's a natural moisturizer.

**Arnica** – soothes inflamed skin. Use to treat cuts, bruises, rashes.

**Calendula** – use flowers and leaves to soothe skin inflammations, burns, acne, rashes, wounds, insect bites and eczema. In hair care it has a lightening effect on dark hair.

**Chamomile** – leaves and flowers are a natural anti-inflammatory, astringent and antiseptic. Cleans, heals and soothes skin. Reduces puffy eyes. In hair care it softens and lightens hair.

**Dandelion** – flowers, stems and milky sap are anti-inflammatory and

*Continued on Page 20*

# Rental Scam Alert



## How the scam works

Scammers advertise rental properties on well-known property websites. When you express interest, they say they are overseas or interstate and that you must conduct the transaction online.

Also, scammers may show you through a property, when they have no right to rent it to you.

The scammers may try to appear genuine by providing photos, real addresses of properties, land title deeds and even scans of stolen passports. They scam you by asking for a month's bond and rent to secure the property. If you pay by money transfer, there is very little chance of recovering your money.

Scammers may ask for personal details such as bank and credit card numbers and driver's licence details, which they use for credit card and identity fraud.

## How to protect yourself:

- If possible, verify the identity of the person you are dealing with. For example, if they say they work for an established estate agency, you could contact the agency to confirm you are dealing with their representative.
- If the property owner offers ongoing excuses about why you cannot view the property in person - such as them being overseas – be wary.
- Avoid paying via money transfer services, or making a payment directly into a bank account, because these methods may be less secure than using BPAY.
- If you are paying a bond for a Victorian property, it's best to pay via a money order or bank cheque made out to the Residential Tenancy Bond Authority (RTBA).

Do an internet search with images from the advertising, to check they haven't been copied from another site. You can use image search websites such as Google images or TinEye.

- [www.consumer.vic.gov.au](http://www.consumer.vic.gov.au)



**Bowra Laundromat**  
Corner of High & Belmore Streets  
**Token Operated Washing  
Machines & Driers.**  
Tokens available at the Pub and IGA  
**Commercial Washers and Dryers**  
**Enquiries: ph 6564 7401**

## 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

2/11

## ~ GARDENS & GARDENING ~

From Page 18

antiseptic. Use to treat cuts, burns, insect bites, acne and rashes. Also revitalises and moisturizes tired, dry skin, improves circulation and softens and moisturises hair. Note: sap may cause skin irritation in sensitive individuals.

**Elderberry** – softens and soothes the skin. Fades dark marks and scars. Moisturises hair.

**Echinacea** – roots and flowers are used to regenerate skin cells and reduce inflammation and acne.

**Garlic** – garlic can be used to treat dandruff. It is also a natural fungicide and can be used as a soak for athlete's foot.

**Lavender** – natural anti-inflammatory and antiseptic properties. Cleanses and soothes skin. Use to treat acne, cuts, burns, stretch marks and wrinkles. A great addition to soaps and creams.

**Lemon Balm** – natural astringent, used in soaps for its healing effect on the skin and its lemony scent.

**Lemongrass** – antimicrobial and antibacterial. Used in soaps and moisturisers. Shrinks pores, fights acne and wrinkles. Natural fungicide.

**Lemon Verbena** – used in moisturizers to repair tired, dry skin. Reduces puffy eyes. Stimulates circulation.

**Mint** – antiseptic properties. Used in soaps or astringents to cleanse and soften skin and hair. Soothes acne or other skin conditions.

**Nettle** – natural antiseptic and anti-inflammatory properties. Leaves are used to cleanse and refresh the skin and hair. Note: wear gloves when harvesting.

**Rose** – flowers and rose hips are a natural astringent and moisturizer. Regenerates skin cells and fights wrinkles.

**Rosemary** – natural anti-inflammatory, antiseptic and astringent properties. Soothes irritated skin, improves circulation and stimulates skin cell and hair growth.

**Sage** – natural astringent and moisturiser. Softens skin and hair. Reduces oily build up.

Disclaimer: The contents of this article is for educational and gardening purposes only. Before using ANY herb or plant for medicinal or cosmetic purposes, please consult a physician or a medical herbalist for advice.

## 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 ~*

2/11

## FOOD HUB

***Now at  
St James'  
Church  
Hall***



*St James Anglican Church - Bowraville*

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

***Everyone welcome***

N/C



# National Palliative Care Week

*Continued from page 10*

be beneficial from the time of diagnosis with a serious life-limiting illness. Palliative care can be given alongside treatments given by other doctors.

## Who is in the palliative care team?

Palliative care may be provided by a wide range of people, this may include your GP, aged care worker, cardiologist and any other health care provider, as do family and other carers. They are supported by specialist palliative care services if symptoms become difficult to manage.

## Where is palliative care provided?

Palliative care is provided where the person and their family wants, where possible. This may include:

- At home
- In hospital
- In a hospice
- In a residential aged care facility

Many people indicate a preference to die at home and making this possible often depends on several factors, including:

- the nature of the illness and amount of care the person needs
- how much support is available from the person's family and community
- whether the person has someone at home who can provide physical care and support for them.

## How do I get palliative care?

For help and information ask your:

- Doctor
- Aboriginal Health Worker
- Hospital Liaison Officer
- Nurse

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



# Bringing banking to your Community.

# Bank in-store today.

Australia Post provides the following services

- withdrawals
- deposits
- balance enquiries.

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

8/11

Bank@Post is an agency service provided by Australia Post on behalf of over 70 financial institutions. Bank@Post is available at participating Post Offices. Services available are cash withdrawals, deposits and balance enquiries.

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

## **between Dementia & Alzheimer's Disease**

*- from page 14*



new information because the disease typically impacts the part of the brain associated with learning first.

As Alzheimer's advances symptoms get more severe and include disorientation, confusion and behaviour changes. Eventually, speaking, swallowing and walking become difficult. There is no way to cure or even slow Alzheimer's disease.

Though the greatest known risk factor for Alzheimer's is increasing age, the disease is not a normal part of aging. And though most people with Alzheimer's are 65 and older, approximately 200,000 Americans under 65 have younger-onset Alzheimer's disease.

### **Stages of Alzheimer's**

#### **Early-stage Alzheimer's (mild)**

In the early stage of Alzheimer's, a person may function independently. He or she may still drive, work and be part of social activities. Despite this, the person may feel as if he or she is having memory lapses, such as forgetting familiar words or the location of everyday objects.

Symptoms may not be widely apparent at this stage, but family and close friends may take notice and a doctor would be able to identify symptoms using certain diagnostic tools.

During the early stage, it's possible for people with dementia to live well by taking control of their health and wellness, and focusing their energy on aspects of their life that are most meaningful to them. In addition, this is the ideal time to put legal, financial and end-of-life plans in place because the person with dementia will be able to participate in decision-making.

#### **Middle-stage Alzheimer's (moderate)**

Middle-stage Alzheimer's is typically the longest stage and can last for many years. As the disease progresses, the person with Alzheimer's will require a greater level of care.

The person may confuse words, get frustrated or angry, and act in unexpected ways, such as refusing to bathe. Damage to nerve cells in the brain can also make it difficult for the person to express thoughts and perform routine tasks without assistance.

During the middle stage of Alzheimer's, the dementia symptoms are more pronounced. The Alzheimer's patient can still participate in daily activities with assistance. It's important to find out what the person can still do or find ways to simplify tasks.

#### **Late-stage Alzheimer's (severe)**

In the final stage of the disease, dementia symptoms are severe. Individuals lose the ability to respond to their environment, to carry on a conversation and, eventually, to control movement. The person living with Alzheimer's may not be able to initiate engagement, but can still benefit from interaction in ways that are appropriate, like listening to relaxing music or receiving reassurance through gentle touch. During this stage, caregivers may want to use support services, such as hospice care, which focus on providing comfort and dignity at the end of life. Hospice can be of great benefit to people in the final stages of Alzheimer's and other dementias and their families.

*- www.alz.org*

# 5 ways to keep your brain fit

According to former British prime minister David Cameron, who is now President of Alzheimers Research UK and a leading global campaigner on dementia, too many people are writing dementia off as an inevitable and natural condition of ageing. “Just as we did in the past with diseases like cancer and HIV, today we need to educate, inform and talk more – and more frankly – about dementia,” says Cameron.

So, what can you do to lessen your chances of dementia?

## Watch your weight

Among the biggest risk factors for dementia are diabetes and mid-life obesity, which can double your chances of dementia at a later age. Links have also been found between high blood pressure, high cholesterol levels and the risk of dementia, although these are not conclusive. Research also suggests that following the Mediterranean diet has its benefits too.

## Quit smoking

The brain may be affected by the long-term consequences of heavy smoking. Scientists have found smoking to increase the risk of cognitive decline in old age, with one study showing that middle-aged people who smoked more than two packs a day more than doubled their risk of later-life dementia.

## Keep active – body and mind

Just 30 minutes a day, five days a week is all that’s needed to ward off a range of lifestyle diseases and conditions, and is the minimum level recommended to reduce dementia risk. When we think of exercise we should also include mental activity as well as physical. Learning new skills and completing mentally challenging activities can help keep you alert.

## Stay sociable

Maintaining social activities as you get older, such as going to clubs or volunteering, has been found to have a protective effect against dementia. Studies have shown that individuals who maintain a larger social network into old age tend to have better cognitive functions and a reduced risk of cognitive decline. Social contact is one of the benefits of group *exercise*. Whether it’s *walking* with company, taking a class or heading to an exercise facility or gym, being amongst like-minded people while getting active is a fantastic way to keep social and healthy.

## Don’t disturb your sleep patterns

Sleep disturbances, for example chronic insomnia, have been linked to increased risk for cognitive decline in later life. Taking steps to deal with any sleep problems could reduce your chances of getting dementia. However, scientists still don’t understand exactly how disturbed sleep may contribute to the condition and whether certain dysfunctional sleep patterns pose more of a risk than others.

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



## Why we should NOT BURN PLASTIC waste

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

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

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

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

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

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



## What we can do with waste plastic

### Soft Plastics Recycling

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

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

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

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

**Shopping bags** including reusable 'green' bags.

Fresh fruit and veggie bags and wrappers.

Bread bags.

*Continued on Page 30*

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



The 2NVR Emergency Committee recently received Emergency Broadcast Training. We didn't expect another emergency to impact the Nambucca Valley, so soon but, of course, the floods arrived, causing havoc to residents & businesses. Unable to reach the station due to flooding, the 2NVR Emergency Broadcast volunteers swung into action, with their ability to broadcast from home. Local flood related information was updated, on air, every 30 minutes or as news came to hand. The 2NVR facebook page also became a source of information for our community. We learnt a lot from the experience and will continue to improve our service in times of emergency.

2NVR had scheduled a Presenter Training weekend which was postponed due to the floods. It was rescheduled for April 17/18. Welcome to our new Presenters, listen out for them as they learn the ropes and gain experience on air, during their Learner/Driver shows. Once they are competent and confident, they will fly solo on their own programs. We look forward to hearing new voices and fresh ideas.

2NVR is a volunteer organisation so we have to maintain the building & grounds ourselves. A very successful Working Bee was held during April, thank you to all the willing workers who helped to make the station & grounds sparkle.

The 2NVR Sports Team will be calling Macksville 1st grade home games played on Sundays.



May 21<sup>st</sup>, 6-8pm will be the date for another wonderful evening at 'Studio 3 Live' at 2NVR. This is a live show, held on the 3<sup>rd</sup> Friday of every month.

2NVR will welcome Indie Folk Nouveau Chanteuse Lisa Richards. Lisa has a powerful and endearing sound, cradling her guitar as she bends the traditions of folk, blues, and jazz, writing songs of longing, love, and hope, while carving out her own musical corner of the world.

Come along for this free, family friendly event at 2NVR Studios 834, Rodeo Drive, Tewinga or listen on 105.9fm or stream via [www.2nvr.org.au](http://www.2nvr.org.au)

## *Did you know?*

**The timbers from the old Lane's Bridge** were used at the Hennessy Tape Playground and surrounds? Other timbers have been used in Council works, as bollards etc. Further timbers have been kept for use in McKay's Park.





Australian Government

# Be Connected

Every Australian online.

## What is Be Connected?

**Be Connected** is an Australia wide initiative empowering all Australians to thrive in a digital world. **Be Connected** offers support so you can develop your digital skills and confidence. Come into the **Bowraville Technology Centre** to find out more.



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

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

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

### **Build your online skills**

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

### **Free online safety presentations**


Join us online to learn about the eSafety essentials. Seven engaging and interactive presentations.

### **Online safety for grandparents and carers**

A free guide with key advice and practical tips to help you become more involved in the online world your grandchildren inhabit.

### **Coming soon . . .**

Social media apps - Mobile banking - Smart homes - How to use Zoom  
Buying and selling online - and many more informative presentations.

The Be Connected Network is coordinated by:  **Good Things**  
Foundation

*Good Things Foundation manages the national Be Connected Network of 3,000 community organisations who support older Australians to thrive in a digital world.*



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## **NAMBUCCA VALLEY CANCER SUPPORT GROUP Inc., FUNDRAISERS**

In November 1989 a couple of our local Nambucca Valley residents were travelling to and from Coffs Harbour to receive chemotherapy treatments for their cancers. Realising the costs incurred by travelling and purchasing patient aid equipment, medications etc., they came up with the idea of starting a fundraising group to help patients who are less fortunate than themselves.

Hence the NAMBUCCA VALLEY CANCER SUPPORT GROUP Inc., FUNDRAISERS was formed under the guidance of the palliative care staff of Macksville Hospital. The group became a reality and has been helping local cancer patients for the past 32 years.

The NAMBUCCA VALLEY CANCER SUPPORT GROUP Inc., FUNDRAISERS raise funds through the generosity of our local community, clubs, groups and individuals. Every cent raised or donated is greatly appreciated and all money raised STAYS in the VALLEY to help local cancer patients. We purchase patient aids - anything from a walking stick to an electric bed loaned to the patient for us in their own home to assist both patient and carer - this is a free service.

Our group consists of volunteers - some are cancer survivors, some are surviving partners, and a few just want to help out.

We are able to assist with costs associated with travelling to Coffs Harbour or Port Macquarie for radiotherapy or chemotherapy, if person is unable to access I.P.T.A.S.S. We will also contribute to individual needs which can be assessed by your visiting palliative care nurse/counsellor. For further information and an Application for Assistance Form please contact the care nurse/councillor or Wendy Hunter on 0401 843 568 or Irene Rowsell on 6568-9090. Confidentiality is respected and maintained with each claim.

IPTASS stands for Isolated Travel Accommodation Assistance Scheme (forms are available from your GP). This can be used if you need to travel over 100kms for specialist appointments and treatment or entering hospital. Please keep all receipts: if travelling by car keep fuel docket, if flying, going by bus or plane, keep tickets when you arrive at your destination and if a taxi is used, ask for receipts. These will be needed to claim IPTASS .

We also built a Cancer Resource Centre in the grounds of the old hospital at a cost of over \$300,000, where we housed our meetings and had visiting cancer specialist available to see patients locally.

Once the new hospital was built we contributed \$420,000 for use of meeting room and storage area for our patient aid equipment.

If you are retired or at loose ends and would like to help, volunteers are always welcome to join our group. We meet in the meeting room at Macksville Hospital on the 3rd Wednesday of each month at 1pm.

The Breast Cancer Support Group meet on the first Monday of each month at 10am.

A very big thank you to all the generous people who have helped in the past. We are only a small community but a very caring and giving group of people.

On Thursday, 20th May we will be having a street stall outside Betta Electrical in Macksville selling beautiful home cooked goodies. Please come and support us and say hello.

*Wendy Hunter, Secretary, Nambucca Valley Cancer Support Group Inc. Fundraisers.*



## Australia's first satellite to help detect bushfires within one minute of ignition set for launch - *Continued from page 6*

Still, RMIT's algorithm was often quicker than the traditional ways of detecting fires.

A subsequent study found that 80 per cent of the system's reports of new "hot spots" arrived faster than the triple-0 or other kinds of incident reports.

As well as being quick, the system worked day and night.

"The key diagnostic is that triple-0 and [state observers] rely on someone being up there and being present," Professor Jones said.

"Whereas a satellite's Earth observation is day and night and everywhere."

### Automated water gliders to the rescue

Although it may seem wildly ambitious, many experts say detecting fires within one minute anywhere in Australia is possible — and it could be done within five years to a decade.

ANU and Optus are developing a system of drone and ground-based cameras to automatically detect fires anywhere in south-eastern Australia.

They're aiming to get the detection time down to one minute by 2025.

On top of this, the proposed system would extinguish newly detected fires in five minutes.

To reach this goal, ANU have proposed a system of automated water-bombing gliders that can zero-in on their target (eg. a lightning-struck tree) and drop a payload of water. If they get to the target quick enough, not too much water is needed to extinguish the fire.

### System already running in US

The Queensland-based company Fireball already has a system in the western states of the United States.

According to Fireball chief technology officer Tim Ball, this rapid detection time has changed the way fires were fought during the record-setting 2020 California fire season.

To detect fires from so far away, the Fireball system uses techniques developed to spot supernovae in distant galaxies.

In 1991, an astrophysicist at the University of California, Berkeley, Carl Pennypacker, witnessed a bushfire tear through his hillside neighbourhood.

He wondered if the type of satellite telescope he was using to detect bright spots a billion light years across the universe could be pointed back to Earth to detect a small fire.

The problem would be the same: filtering out background noise.

Twenty-two years later, in 2013, (after being part of Nobel Prize-winning research into the accelerating expansion of the universe), Professor Pennypacker and his team introduced the idea of using satellites and drones to snap images in the 3.9 micron band, a wavelength of light that fires emit but which is invisible to the human eye.

A computer would then spot the difference by subtracting recent photos from new ones of the same area.

Any new points of light in the 3.9 micron band would indicate a new ignition.

It worked. University of California patented the idea and Professor Pennypacker set up his own company, Fireball, that licenced the technology.

And then during the 2020 California fire season, Fireball's automated system detected 850 fires.

### NSW Rural Fire Service is cautious

However, in contrast to Fireball's optimism, Australian fire services have expressed caution.

NSW RFS manager of predictive services, Laurence McCoy, said the service was in the "process of evaluating" using algorithms to automatically detect fires from satellite imagery, but he remained wary of too much automation.

Aside from interpretation, he said, someone is needed "on the ground" to check if there's a fire.

Of course, sending someone to check if the computer was right partly defeats the purpose of having automated detection.

Rural firefighting depends on volunteers and fire authorities need to be very certain they're needed before sounding the alarm.

Fireball, meanwhile, is not waiting for the authorities to get on-board.

It's proceeding with a privatised model where the user pays for fire detection. It recently signed a deal with a Queensland plantation company.

Fireball estimated its full constellation of 24 satellites would be ready within five years.

- [abcnews.net.au](http://abcnews.net.au)



## Bowraville Chamber of Commerce and Industry Inc

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



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

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

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

More info: Call Pippa 0498 639 303



## Bernard Laverty Funerals

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*Speak to us about the benefits of Pre Paying*

8/11



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## *Have you heard about Oil Pulling?*

It's a strange name for a seemingly strange practice. Basically, it's swishing oil in your mouth for a short time each day to improve oral health. Kind of like *using an oil as mouthwash*. The premise is much the same as oil *skin cleansers* - oil dissolves oil and so it is able to break up and swish away plaque and toxins without harming your teeth or gums. It also has the added effect of whitening teeth and improving gums.

The anti-bacterial, anti-viral and anti-fungal properties of organic extra-virgin coconut oil make it the perfect choice for oil pulling - it also has a milder taste.

*Here's how it's done.*

- Put 1-2 teaspoons of oil in your mouth. If it's cold, allow the oil to melt.
- Swish the oil around in your mouth by pushing, pulling, and drawing it through your teeth for 15. The best time is in the morning before eating breakfast, but can be done before any meal.
- Spit out the oil. NEVER SWALLOW because it is now loaded with bacteria and other nasty stuff.
- Do not spit into the sink - coconut oil will harden below 76 degrees. NOT good for the drain pipes.
- Rinse your mouth out with water, then brush your teeth.

You could also add 2 drops of Tea Tree essential oil as many studies have demonstrated Tea Tree's effectiveness against a number of oral bacteria.

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



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3/11

*Does your computer need  
servicing?*

*Is it going slow?*

*Do you suspect a virus?*

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

*Come into the*

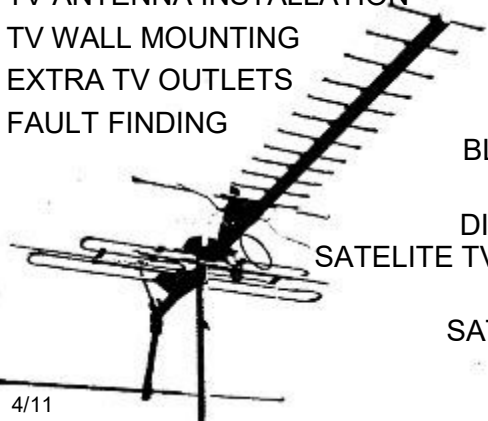
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3/6

## What we can do with waste plastic *Continued from page 24*

### Cereal box liners.

Biscuit wrappers and confectionery packaging.

Rice and pasta packets.

Frozen food bags.

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

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

### Where do I take it?

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

### What can I drop off?

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

### What happens to the plastics?

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

*Replas* convert REDcycle material into a range of recycled products including indoor and outdoor furniture, bollards, and signage.

*Close the Loop* utilise REDcycle material for road infrastructure.

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

- [www.cleanup.org.au](http://www.cleanup.org.au)

**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)

2/11

**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.

2/11

## ***Recognise. Reconnect. Reimagine.***

Volunteer Week provides us with a fabulous opportunity to:

**Recognise** *the great contributions our volunteers make.*

**Reconnect** *with our community by volunteering some of our time.*

**Reimagine** *what volunteering is.*

The opportunities are much broader than selling raffle tickets, though this is a necessary and supportive role, there are endless ways to contribute to the well-being of our communities. Many Bowraville organisations have volunteer committees or boards.

Here's thanks to all the volunteers who give their time to enrich our community. Bowraville and surrounds would be lost without our volunteers.

# ***THANKS FOLKS!***

The following is a list of places you will find our wonderful volunteers.

Aunt Emily's	Frank Partridge VC Military Museum
Argent's Hill Hall	Grant's Hall
Argent's Hill Bush Fire Brigade	Miimi Aboriginal Corporation
Bowraville Chamber of Commerce	Missabotti Community Hall
Bowraville Community Garden	Missabotti Fire Brigade
Bowraville/Macksville United Hospital Auxiliary	Nambucca Valley Phoenix
Bowraville Technology Centre	Pioneer Community Centre
Bowraville Theatre	Sports Clubs
Bowraville Folk Museum	St James Anglican Church - Jimmy's kitchen, Men's Breakfast and the Food Hub
Bowraville Lions Club	South Arm Hall
Bowraville Ex-Services Club	South Arm Bush Fire Brigade
Bowraville Pre School	Uniting Church – op shop
Bowraville Recreation Club	
Bowra Sports Hub Committee	



## **Gumbayngirr Words of the Month From Kerrie Anne Jarrett, Project Officer Aboriginal Education Consultative Group (AECG)**

**Guunu—maana - Heal**  
**Ngalan—ngarraangaygam - Shared history**  
**Garra—girraalga - Have another go**  
**Ganggurinma barrway - Dream big**  
**Gunda - ngarraanga - Believe**



## ORCHID SHOW – Thursday 6<sup>th</sup>, Friday 7<sup>th</sup> and Saturday 8<sup>th</sup> May

The annual Nambucca Valley Orchid Show will be held in the Nambucca Seniors Centre at 11 Kent Street, Nambucca Heads. Go along for glorious orchids, plant sales, cultural advice, raffles, flower arrangements and craft table. Entry by gold coin. COVID rules apply.



This Society meets 1st Monday of every month at 7.00 pm at Nambucca Senior Citizens Hall. 11 Kent St., Nambucca Heads. We gather together to talk about Orchids.

## BELLINGEN SHOW – Saturday 8<sup>th</sup> and Sunday 9<sup>th</sup> May



A venue for both young and old to showcase their unique skills and talents through traditional agricultural events, the exhibition of agricultural produce, arts and crafts, and top class local entertainment. Join in on the annual fun run, wood chop, mongrel dog show, partner carrying competition, cooking demonstrations and live music. Venue is the Bellingen Showground.

**VALLEY PERFORMERS** present 3 Comedy Plays on Friday 7<sup>th</sup> May at 7.30pm + Saturday 8<sup>th</sup> & Sunday 9<sup>th</sup> May at 2pm. Friday 14<sup>th</sup> May at 7.30pm + Saturday 15<sup>th</sup> & Sunday 16<sup>th</sup> May at 2pm. Venue is Macksville Public School. Tickets at: Helloworld Nambucca, Matilda St Gallery Macksville and at the door – Adults \$20 Concession \$15. For more information contact 0409 666 738.



## BELLINGEN GROWERS MARKET



Every Saturday, except the third Saturday of the month, the Growers Market is held from 7.30 - 11.30am at the Bellingen Showground. Find fresh produce, unique creations from local artists and listen to live music. *On the third Saturday on the month, head over to . . .*

## BELLINGEN COMMUNITY MARKET – 7.30-11.30am 15<sup>th</sup> May

Bellingen Community Markets is situated in the beautiful Bellingen Park which is a short stroll south of Bellingen township. Surrounded by magnificent old growth trees and meandering creeks, this inclusive event welcomes everyone to meet, greet, eat, socialise (at a distant) and shop to your hearts content in a safe, friendly and relaxed atmosphere.



**CAR BOOT SALE at MACKSVILLE — Saturday, May 18, 2019 8:00am - 1:00pm @ Macksville Showground** clear your cupboards and come along and have a boot sale, or come along and find that bargain you cannot live without.

# BOWRAVILLE CENTRAL SCHOOL

## MAY 2021

### Bowraville Central Students head to Royal Easter Show

Year 11 Hospitality class, Teacher Lori Wilson and SLSO's Mick and Sharon headed off at the end of last term to the Sydney Royal Easter Show. In partnership with the NSW Government, the Royal Agricultural Society of NSW invited a number of rural schools to run the Rural Student's Café.



Students had to prepare, cook and serve food over two days.

It was a great opportunity to show the city what talented students we have here in the country.





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

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	<b>Music for a Monday Morning</b> EmmaG Energise your week with the EmmaG Music Show.	<b>Drive Thru</b> With Jackie Edmunds Mix of 60s, 70s to current music	<b>2NVR Music Mix</b> <b>Gold at Breakfast</b> Dayna Gold Wake up with Dayna. It's gold.	<b>Under The Stinging Tree</b> Poppa All music, news, info...	<b>The Big Breakfast</b> With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend.	<b>Here Be Dragons</b> Nuke or Elizabeth No-fear fire and ice music and comedy	<b>Beat the RETREAT</b> Sean & Pete All the beats and all the drum	6 AM
7 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe Great Rock 'n' Roll 1950s-2010s	<b>Leamer Drivers</b> Dyer's Loop returns next season	<b>Isn't it Romantic</b> With Dallas Dent Crooners Easy Listening Popular Ballads	<b>Tones of Clairseense</b> Claire Watt-Powell	<b>Talk Of The Town</b> Cen Wirbel See what's going down! All things local	<b>Hair Of The Dog</b> Mick Briles Rock, Pop, Covers and Music Trivia	<b>Sunday Morning Music</b> With Phil Folk and Aussie music focus from the past few decades	7 AM
8 AM	<b>Baby Boomers</b> Donna Collins	<b>Infopinion</b> Richard Lanton, Eddie Orrego & Ron Hawkins	<b>Lunch with Gazza</b> With Gary Biden Easy Listening To Rock & Pop	<b>Turning Pages</b> Elizabeth Newman	<b>Dano's Mixed Grill</b> Daniel Gosson Where anything can happen and probably will	<b>Flashback</b> With Rob Davidson	<b>Phase Out With Faye</b> Faye Aspiotis	8 AM
9 AM	<b>The Weekly Fix</b> Paul Weekley	<b>Rock On</b> With Jimmy & the Bluebirds	<b>Just For You</b> Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio	<b>Turn Up The Volume</b> With Les McMahon	<b>Dhirendra The Time Traveller</b> Sounds from all over the place	<b>Garage Noise</b> With Sean Ambrose Alternative Music	<b>Praise, Prayer &amp; Pop</b> With Michelle	9 AM
10 AM	<b>Roving with Linda</b> Bible reflections, Gospel & Australiana	<b>Sister Act</b> Olivia & Sam	<b>MC Grim</b> Mark Seagrims	<b>Thursdays Country</b> Trickvic	<b>Wind Down for the Weekend</b> Stu & The Crew	<b>Saturday Roundup</b> With Rachel Burns	<b>Mel Leigh Dee's Melodies</b> A different theme every show	10 AM
11 AM	<b>Bowra Beats</b> 2NVR Youth Radio with Grace	<b>Retro Birds</b> Robyn Wren & Sally Swan Not out of the box radio entertainment	<b>Tune in with Alex</b> Music with a wicked difference 2NVR Youth Radio	<b>Highway Blues</b> With Retro When Only The BEST BLUES Will Do	<b>Rhino On The Radio</b> Eclectic, irreverent fun with more than a dash of insanity	<b>Politics &amp; the Environment</b> Michael Jones Music, political and environmental issues	<b>That's A Wrap</b> Donna Nigel Mitch Gary & Les Local sports results and in-depth analysis	11 AM
Noon	<b>Hinterland</b> Ben Wallers	<b>Blues Soul Funk</b> Matt Leberandt & friends Blues, soul, funk and lively interviews.	<b>The AMRAP Music Show</b> Anthony Garnsey Solid Rock	<b>Jeff's Junk</b> Jeff Mills Nitelite Daniel Gosson Four hours of local content from the 2NVR archives 2006 to now	<b>Sat Night Gold on Friday</b> Allan Quinn Allan Quinn will entertain you with rock 'n' roll oldies, all the hits and memories...	<b>New Releases Show</b> With Chris Cobcroft Woolly Woolly's music & requests	<b>Imagine This</b> Radio drama	Noon
1 PM	<b>Music Makers</b> With Yen Mixed music with featured artists	<b>Soul Into Rhyme</b> Just get rapped with Matt	<b>Ant's Rock</b> Anthony Garnsey Solid Rock	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>Prog Rock Playlist</b> Rhino The best of Progressive Rock	<b>2NVR Overnight Music Mix</b>	1 PM
2 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	2 PM
3 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	3 PM
4 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	4 PM
5 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	5 PM
6 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	6 PM
7 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	7 PM
8 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	8 PM
9 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	9 PM
10 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	10 PM
11 PM	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	11 PM
Midnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>Ant's Rock</b> Overnight	<b>Ant's Rock</b> Overnight	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	<b>2NVR Overnight Music Mix</b>	Midnight

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