

BOWRAVILLE Community News

Produced by the
Bowraville Technology
Centre
39 High Street, Bowraville
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www.bowraville.nsw.au

MAY 2024 ~ ISSUE #227 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Phoenix Art Prize

*A brand-new art prize to celebrate
and elevate - disability art
has arrived on the Mid North Coast.*

The Phoenix Art Prize is open to artists aged 16 and over who identify as having a disability and live on the Mid North Coast.

Finalists will have their works on display at the Phoenix Gallery in Bowraville from 2nd – 27th August 2024.

The Art Prize is part of a two-day event – Ability Arts Connect MNC - which aims to bring artists and their support networks together to learn, share information and promote the contributions made by people with disabilities to the creative industries.

Phoenix Art Coordinator Alejandra Ramirez says the Art Prize and conference is a response to the need in our region to acknowledge and celebrate the art being made by people with disabilities.

“We saw a need in the region to create an event where people with disabilities, and the likeminded organisations and carers that support them could connect and share experiences and culture.”

Nambucca Valley Phoenix is a community owned and operated not for profit that’s been supporting artists with living experience of disability for over forty years, and is the perfect hub for hosting this inaugural event.

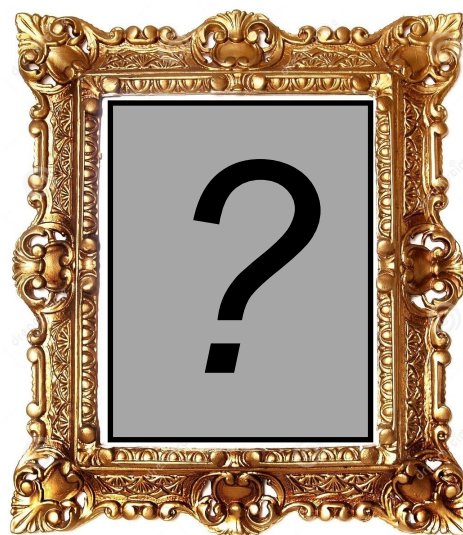
“For many people art is about having fun and feeling good, but it also offers income and employment opportunities” says Ramirez.

Ramirez says they are excited to have Coffs Regional Gallery Curator Ashleigh Frost, researcher and art therapist Dr Emma Gentle, and Director of Arts MNC Olivia Parker as Phoenix Prize judges.

All mediums and levels of experience are welcome.

“The prize is open to all art mediums from painting, ceramics, fibre and sculpture to digital art, installations and photography.

ENTRIES CLOSE 21 JUNE - Apply online www.nvp.org.au



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

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.

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- ♦ Ten Minutes — \$1.00
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- ♦ All day High Users Pass — \$15.00

Printing and copying

B&W and colour printing on A4, A3 and other formats.
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BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/newsletter/

2023 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 JUNE 2024

ISSUE IS: 4:00PM

TUESDAY, 21ST MAY 2024

All contributions and advertisements for the next issue of the Bowraville Community News can be delivered either via e-mail or by hand at the front counter of the:

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: 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.

INFORMATION FOR CUSTOMERS

Australian Government Mobile Service Centre



Serving Regional Australia

Visit the Mobile Service Centre to find out about Australian Government payments and services for rural families, older Australians, students, job seekers, people with disability, carers, farmers and self-employed people.

Information about Department of Veterans' Affairs programs and support services for veterans and their families will also be available.

Staff can provide you with information and support. They can also help you create a myGov account. myGov is a simple and secure way to access government services online.

Thursday, 30 May 2024

9 am to 3 pm

Bowraville RSL car park, High Street

BOWRAVILLE

For more information, go to servicesaustralia.gov.au/mobileoffice

SE156 21/103



Bowraville Services Australia Agency

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

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

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

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

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



Australian Government
Services Australia

Have you checked out the Bowraville Community Website?

www.bowraville.nsw.au

It's the place to go
to find out what's happening and where . . .
in our town.

***You can get the monthly Bowra Community News,
the weather, upcoming events and much more . . .***

Bowraville Chamber of Commerce
May meeting @ 5pm on Tuesday 7th May @ the Bowra Pub
See page 7 for more information

Nambucca Valley Evening Branch – CWA
(Country Womens Association)

Meet 2nd Tuesday, each month
6pm @ Macksville Ex-Services Club
Country Women coming together to support
their community and each other.

Email: secretarynve@gmail.com or send us a message in Facebook.

New South Wales Government Mobile Service Centre

Thursday, 2nd May

Parked in front of Bowra Pharmacy - 10am to 3pm

Staff will provide information and support.

Australian Government Mobile Service Centre

Thursday, 30th May

RSL Car Park, High Street - 9am to 3pm

Staff will provide information and support.

*Does your computer need
servicing?*

Is it going slow?

Do you suspect a virus?

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

**Come into the
BOWRAVILLE TECHNOLOGY
CENTRE**

39 High Street, Bowraville
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27 HIGH STREET BOWRAVILLE

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

?1/11

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!



One-on-One
Technical support
\$30 per 1/2 hour

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for small fixes
\$2 per 5 minutes

If your computer requires servicing, or has issues, you will need to make a booking and there will be a minimum fee of \$35.

For technical issues contact BTC for a booking.

You can ring the
Bowraville Technology Centre on
6564-7420

*“Even when
the experts
all agree,
they
may well be
mistaken.”*

*- Bertrand Russell
(Sceptical Essays)*

*Would you like to volunteer or
maybe you're required to
volunteer . . .*

Whichever, here at the Bowraville Technology Centre we're always looking for more volunteers to join the dedicated crew we have on board already.

You can improve your computer skills and assist others at the same time.

Call Cynthia on 6564 7420
for more information.

For your convenience,
when paying at the
Bowra Technology Centre,
we now have

eftpos



Bowraville Chamber of Commerce News

To promote, encourage, support and assist in any matter or manner actions that will assist in the growth and development of the economy of Bowraville.

Next meeting: Tuesday 7 May at 5pm at the Bowra Hotel

ALL WELCOME

After some months of discussion and development of ideas, the May meeting is hoping to crystalise staged plans for the process of changes within the town centre in accord with the Bowraville Masterplan - Practical Ideas that we can present to the Nambucca Valley Council with a hope of implementation!

A copy of the Draft Masterplan from 2022 is available upon request at the Technology Centre so check it all out, walk around, discuss with friends and come along to the meeting.

Together let us make our town from the past fit for the future.

SEE YOU ALL THERE

We need to use the new ATM at the front of the Bowra Technology Centre

BCU's ATM at 39 High Street has been replaced with a generic ATM supplied by Armaguard.

BCU customers will be able to do FEE FREE withdrawals on the new machine. In addition a range of other banks will have fee free transactions on the machine. These include Westpac and ANZ.

The continued availability of this service is dependent on the level of usage and will be removed by Armaguard if usage drops below commercially acceptable levels.

*So let's get with it – **Use it or we Lose it!***

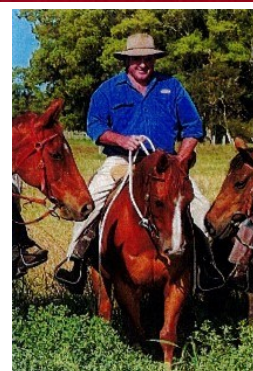
BARNEY TOWNLEY 0428 647 340

Barney Townley is a local farmer well known for his knowledge of the Nambucca Valley farming community.

Barney has a great understanding of what is being sold and can identify the unique features of your rural property, helping interested buyers find what they are looking for.

If you're looking to sell your farm or find the right rural property to suit your needs, give a trusted local, Barney Townley a call.

8/11



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www.ruralsales.com.au

The ‘digital divide’ is already hurting people’s quality of life. Will AI make it better or worse?

Today, almost a quarter of Australians are digitally excluded. This means they miss out on the social, educational and economic benefits online connectivity provides.

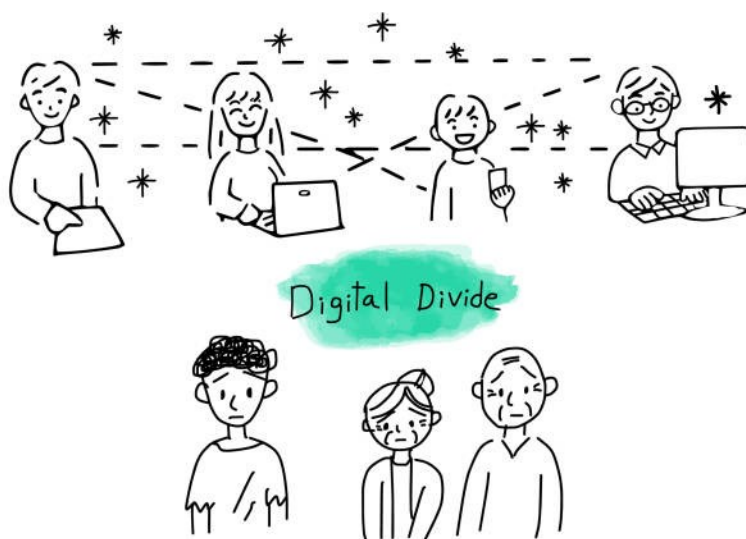
In the face of this ongoing “digital divide”, countries are now talking about a future of inclusive artificial intelligence (AI).

However, if we don’t learn from current problems with digital exclusion, it will likely spill over into people’s future experiences with AI. That’s the conclusion from our new research published in the journal *AI and Ethics*.

What is the digital divide?

The digital divide is a well-documented social schism. People on the wrong side of it face difficulties when it comes to accessing, affording, or using digital services. These disadvantages significantly reduce their quality of life.

Decades of research have provided us with a rich understanding of who is most at risk. In Australia, older people, those living in remote areas, people on lower incomes and First Nations peoples are most likely to find themselves digitally excluded.



Zooming out, reports show that one-third of the world’s population – representing the poorest countries – remains offline. Globally, the digital gender divide also still exists - women, particularly in low and middle-income countries, face substantially more barriers to digital connectivity.

During the COVID pandemic, the impacts of digital inequity became much more obvious. As large swathes of the world’s population had to “shelter in place” – unable to go outside, visit shops, or seek face-to-face contact – anyone without digital access was severely at risk.

Consequences ranged from social isolation to reduced employment opportunities, as well as a lack of access to vital health information. The UN Secretary-General stated in 2020 that “the digital divide is now a matter of life and death”.

Not just a question of access

As with most forms of exclusion, the digital divide functions in multiple ways. It was originally defined as a gap between those who have access to computers and the internet and those who do not. But research now shows it’s not just an issue of access. Having little or no access leads to reduced familiarity with digital technology, which then erodes confidence, fuels disengagement, and ultimately sets in motion an intrinsic sense of not being “digitally capable”.

As AI tools increasingly reshape our workplaces, classrooms and everyday lives, there is a risk AI could deepen, rather than narrow, the digital divide.

Continued on Page 20

WHAT'S HAPPENING IN BOWRA

Blokes Brekky

1st Saturday of the month
at St James - ring Tony to
book on 0487 090 886

Womens' Brekkie

3rd Saturday of the month
from 7am for 7.30 start
Bowraville Anglican Church Hall

Bowra Country Markets

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

St Jimmy's Kitchen

3rd Thursday of Month
6pm at St James Church Hall

St Jimmy's Food Hub

Monday, Friday & Saturday
9am until 11am
Must hold a Centrelink card.

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

MONDAY-FRIDAY 10am-3pm
WEEKENDS 10am-1pm
PUBLIC HOLIDAYS 10am-3pm

email: bowravillefolkmuseum@gmail.com
twitter.com/bowravillefolk

~ Groups by appointment ~

10/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

9/11

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Lunch Wed - Sun

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

DINNER 5.30pm - 8pm Tues - Sun

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What we have to offer . . .

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KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

HAPPY HOUR - All Schooners \$5.00
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11/11

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NARELLE HARPER 0435 054 625
www.nambuccariverrealty.com.au

?1/11

Macular Disease Awareness

What is macular disease?

Macular disease covers a range of painless conditions affecting the central retina (the macula), which is at the back of the eye.

Macular disease is the leading cause of blindness and severe vision loss in Australia.

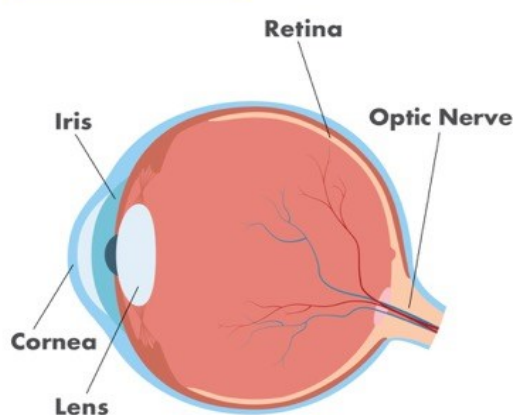
An estimated 1.9 million Australians have some evidence of macular disease.

So what is the macula?

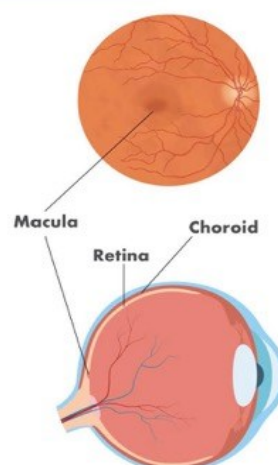
It might first help to understand how your eye works.

Your eye is very much like an old-style film camera. The front of your eye is made up of the cornea, iris, pupil and lens. These work together to focus an image onto the retina, which lines the back of your eye. The retina is a light-sensitive tissue that acts like the film in a camera. It captures images and sends them to the brain via the optic nerve. Our brain then interprets the images for us.

How the eye works



What is the macula?



The macula is the name given to the area at the centre of the retina, at the back of your eye. This region is only about 5.5mm in diameter.

The macula is responsible for detailed central vision. That means you use it for activities such as reading, driving and recognising faces. It's also responsible for most of your colour vision.

The rest of the retina is called the peripheral retina. Peripheral vision (or side vision) isn't as clear as central vision. It's used to see general shapes and surroundings.

Symptoms of macular disease

Conditions only affecting the macula don't lead to total ('black') blindness. Instead, they impact central vision, leaving peripheral vision intact.

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BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

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Remember
Mother's Day
Sunday 12th May

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Macular Disease Awareness *continued from page 10*

You can have early signs of macular disease without knowing it. However, when symptoms do appear, they can include:

- difficulty with reading or any other activity which requires detailed central vision (despite wearing appropriate glasses)
- distortion, where straight lines may appear wavy or bent
- problems distinguishing faces
- dark patches in the central vision.

If you notice any of these symptoms, you should consult an eye health professional. Early detection and prompt intervention are crucial to saving sight.



Distortion, where straight lines may appear wavy or bent, is a symptom of macular disease.

Common macular diseases

Age-related macular degeneration (AMD)

The most common macular disease is age-related macular degeneration. Approximately one in seven Australians over the age of 50 have some evidence of AMD.

Diabetic retinopathy (DR) and diabetic macular oedema (DMO)

DR, including DMO, is a common complication of diabetes. It's the leading cause of preventable blindness in working-aged Australians.

Everyone with diabetes is at risk of developing DR. And the longer someone has diabetes, the greater their chance of developing the condition.

There are many other macular diseases and other conditions affecting the macula - an eye health professional can manage some of these conditions with surgery or injections. In other cases, they will recommend just monitoring the condition.

We're here to help

If you need information or advice about macular disease, MDFA can help. Our National Helpline (1800 111 709) is free and staffed by friendly, trained professionals who can answer your questions.

- www.mdfoundation.com.au/about-macular-disease/overview/

We're coming to your community



**Our Mobile Service Centre is coming to
Bowraville
Thursday, May 2, 2024
10:00 - 15:00**

Bringing NSW Government services to you.

Call **13 77 88** or visit service.nsw.gov.au
to check our latest timetable.

Severe weather may mean our timetable has to
change at short notice, we strongly recommend
you check on the day.



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29 High Street



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9/11

Growing Spring Bulbs in Pots

The best time to plant Spring flowering bulbs is the period between April to May - this allows both the weather and the soil to cool.

Any bulb can be grown in a pot. It's a good way to display the more expensive ones that you might only buy by the handful, such as hyacinth and tulip, as small groupings can get lost in a garden scheme.



First, choose your container, which must have drainage holes or the bulbs will rot. If you're going to group pots together, choose a harmonious colour palette but select different shapes and sizes to create more display options. Generally, the bigger the bulbs, the bigger the pot.

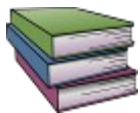
Choose premium potting mix and plant the bulbs so the sides are almost cheek to cheek for an abundant display.

Two or more varieties can share a deep pot if the bulbs are layered with enough mix between each layer. Bulbs are sold with height, width and



bloom-time information. Evaluate the eventual height of each plant and when they flower. If you aim to create a multi-layered display that blooms at the same time, it can be tricky to pull

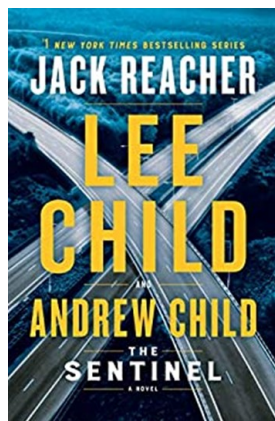
Continued on Page 16



The Sentinel

by Lee Child
and Andrew Child

The Sentinel is the 25th in the Jack Reacher series by Lee Child, and the beginning of his collaboration with his brother, Andrew Child.



As always, Reacher has no particular place to go, and all the time in the world to get there. One morning he ends up in a town near Pleasantville, Tennessee.

But there's nothing pleasant about the place.

In broad daylight Reacher spots a hapless soul walking into an ambush. "It was four against one" . . . so Reacher intervenes, with his own trademark brand of conflict resolution.

The man he saves is Rusty Rutherford, an unassuming IT manager, recently fired after a cyberattack locked up the town's data, records, information . . . and secrets. Rutherford wants to stay put, look innocent, and clear his name.

Reacher is intrigued. There's more to the story. The bad guys who jumped Rutherford are part of something serious and deadly, involving a conspiracy, a cover-up, and murder—all centered on a mousy little guy in a coffee-stained shirt who has no idea what he's up against.

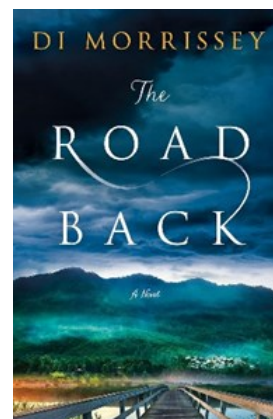
Rule one: if you don't know the trouble you're in, keep Reacher by your side.

- www.goodreads.com

The Road Back

by Di Morrissey

The Road Back weaves a tale of reconnection and starting over from Australia's favourite storyteller.



From the mountains to the valleys, from big cities to tiny towns, to the outback and the islands, Di Morrissey knows this country. She's been there.

Journalist Chris Baxter is at a crossroads.

He has an enviable life as a journalist in the U.S. and the prospect of an exciting new post in Thailand. But his needs aren't the only ones he must consider.

His daughter is struggling with the effects of his divorce and her mother's remarriage. So Chris abandons dreams of Thailand and returns with his teenage daughter to his mother's house in the beautiful township of Neverend, where Chris comes to see that sometimes taking the road back is the start of a journey forward.

- www.panmacmillan.com.au

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.

Nambucca Valley Council strives to limit intensive blueberry farming

The Nambucca Valley Council has unanimously decided to propose amendments to the Local Environmental Plan (LEP) to regulate intensive horticulture. The council aims to forward a planning proposal to the Minister for Planning, suggesting changes to the Nambucca Valley LEP 2010. These changes would require intensive horticulture to be "permitted with consent" in RU1 and RU2 zones and mandate that structures used in such activities undergo the Development Application (DA) process.

Community consultation will be initiated if the Minister approves the proposal. Public submissions were made at the council meeting, with James Kellaway, CEO of OzGroup Co-op Ltd, representing the Australian Blueberry Growers' Association (ABGA), expressing concerns over the potential consequences of the proposed DA requirement changes.

On the other hand, representatives from the Nambucca Environment Network (NEN) supported the recommendations, citing environmental concerns and urging for immediate action against new developments until the legislation is enacted. The NEN viewed the council's decision as progress, but acknowledged the lengthy process ahead for implementing changes.

"We (NEN) fear it will mean more of the current damage to our water, soils and air quality while no regulations are in place," Raewyn Macky told the Council.

"The Nambucca Environment Network requests an immediate halt to all new development, especially buffer absent, unrestricted chemicals spraying and greenhouse construction until this legislation becomes legal," she said.

- newsofthearea.com.au via: www.hortidaily.com

~ GARDENS & GARDENING ~

Growing Spring Bulbs in Pots

Continued from page 14

off, but it's incredibly satisfying when you do.



When you're planting two or more varieties in the one pot, half fill it with premium potting mix and place the tallest and latest-flowering bulbs in first. Cover the bulbs with mix, then position your next layer, and backfill. The bigger bulbs, such as tulip, daffodil and hyacinth, should be covered with at least 10cm of potting mix, and smaller bulbs need about 3–5cm.

To add interest, plant annuals on top of the bulbs, as the blooms will emerge through the foliage. Suitable choices include sweet Alice (alyssum), dwarf Virginia stocks, pansies and violas. Water well and place pots in semi-shade in an inconspicuous part of the garden. While you don't want them sodden, potted bulbs most often fail due to under-watering.



Once green shoots emerge, sprinkle on complete controlled-release fertiliser and move them to a spot with at least half a day of direct sunlight. When buds appear, transfer them to a prime position by the front door or entertaining area to get full value out of the display. Enjoy your potted bulbs!

- www.gardeningaustraliamag.com.au/grow-potted-bulbs/

A Mother's Day Poem

I've known you since
my day of birth,
(perhaps a few months
more).

There's lots of nice things
I could tell
(but I refuse to bore).

You're smart.

You're great.

You're all the best.
(There's much more I
could say.)

But I can only think of
one . . .

It's Happy Mother's Day.

- Denise Rodgers
(classroompoems.com)



BOWRAVILLE PHARMACY

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Moo Goo Natural Skincare
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9/11

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SUPPORTING OUR COMMUNITY

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and Make a Difference!

Are you ready to make a positive impact in
your community? Join the Bowraville Lions
Club today and become part of a passionate
group of individuals dedicated to
serving others.

Contact Us at 65 647 539
or bowraville@lionsdistrict201n1.org.au

Greg Lamberth



Lions Club
Bowraville

21/11

Bowra Laundromat

Corner of High & Belmore Streets

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Commercial Washers and Dryers

Enquiries: ph 6564 7401



21/11

Romance Scam Alert

Never assume a person that you've only met online is who they say they are. Scammers go to great lengths to convince you the relationship is real and manipulate you to give them money. Romance scammers will leave you broke and broken-hearted.

Scammers will find you on social media, dating or gaming apps and websites. They might also text or email you.

They hide behind fake profiles and identities, sometimes of famous people. They're really good at making you feel special, so you believe the relationship is real.

Once you trust them, they have an 'emergency' and ask you to give them products or money to help them. Or they ask you to do things for them, like set up accounts or transfer money they give you. Scammers can wait years to build this trust.



Never send or transfer money to someone you haven't met

- ✦ If your online connection asks you for money, they are likely a scammer. Stop contact right away and seek support.

- ✦ Don't send money, card or bank details or important identity documents like your passport to someone you've only met online: No matter how long you've been messaging them.

Never agree to transfer money for someone else. It's called money laundering and being involved is a criminal offence.

Check the person is who they say they are

- ✦ Take things slowly. Ask lots of questions and watch for things that don't add up. Search for the scammer's name along with the word 'scam' in a search, and look for websites about romance scams in the results.

Be careful what you share (and what you don't)

- ✦ Never send intimate pictures or videos of yourself to people you don't know. Scammers use these to blackmail people.

- ✦ Don't keep your online relationship a secret. Speak to people you know about it. It can be easier for others to spot the warning signs.

- ✦ Be careful about what you share about yourself online. Scammers can use information about your hobbies, job or family to target you.

Find out more about how to stay safe on different social media platforms go to - www.esafety.gov.au/key-issues/how-to/social-media-online-chat

Think you've been scammed?

Act fast to stop any further losses

Contact your bank or card provider immediately to report the scam. Ask them to stop any transactions.

Change passwords on all your devices and online accounts like banking, email, government and shopping.

Get help to recover

IDCARE is Australia and New Zealand's national identity and cyber support service. They can help you make a plan (for free) to limit the damage. Call them on 1800 595 160 or visit their website to find out more.

Report the scam

Once you have secured your details, you can help us try to stop the scam or to warn others by reporting the scam to us.

- www.scamwatch.gov.au/types-of-scams/romance-scams



Nambucca Environment
Network Community Meeting
Monday 6th May
Macksville Ex Services Club
6pm start

Short of catching COVID MP Pat Conaghan and Arthur Bain, Greens, Kempsey Shire Council have committed to attending. Hopefully we'll see the return of MP Michael Kemp also.

As you may know, the Nambucca Environment Network is very concerned about the increasing number of Intensive Plant Agriculture farms in the Nambucca Valley and the community conflict that is created due to some of the farming practices that are occurring and the seeming lack of timely regulation.

If you have issues to do with Intensive Plant Agriculture in the Nambucca Valley (water, chemicals/spray drift, bees dying, unregulated trees removal, etc) this is your chance to come along and be heard.



*Guest speaker
Professor Kirsten Benkendorf.*



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Will AI make the 'digital divide' better or worse?

Continued from page 8

The role of digital confidence

To assess the impact of digital exclusion on people's experiences with AI, in late 2023 we surveyed a representative selection of hundreds of Australian adults. We began by asking them to rate their confidence with digital technology.

We found digital confidence was lower for women, older people, those with reduced salaries, and those with less digital access.

We then asked these same people to comment on their hopes, fears and expectations of AI. Across the board, the data showed that people's perceptions, attitudes and experiences with AI were linked to how they felt about digital technology in general.

In other words, the more digitally confident people felt, the more positive they were about AI.

To build truly inclusive AI, these findings are important to consider for several reasons. First, they confirm that digital confidence is not a privilege shared by all.

Second, they show us digital inclusion is about more than just access, or even someone's digital skills. How confident a person feels in their ability to interact with technology is important too.

Third, they show that if we don't contend with existing forms of digital exclusion, they are likely to spill over into perceptions, attitudes and experiences with AI.

Currently, many countries are making headway in their efforts to reduce the digital divide. So, we must make sure the rise of AI doesn't slow these efforts, or worse still, exacerbate the divide.

What should we hope for AI?

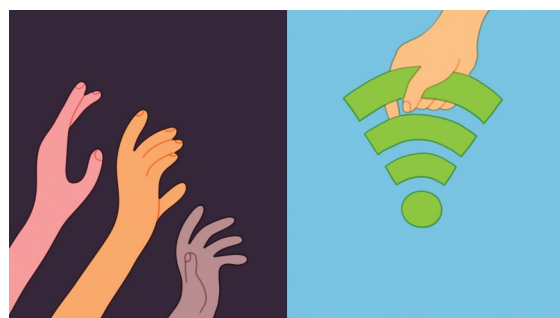
While there is a slew of associated risks, when deployed responsibly, AI can make significant positive impacts on society. Some of these can directly target issues of inclusivity.

For example, computer vision can track the trajectory of a tennis ball during a match, making it audible for blind or low-vision spectators.

AI has been used to analyse online job postings to help boost employment outcomes in under-represented populations such as First Nations peoples. And, while they're still in the early stages of development, AI-powered chatbots could increase accessibility and affordability of medical services.

But this responsible AI future can only be delivered if we also address what keeps us digitally divided. To develop and use truly inclusive AI tools, we first need to ensure the feelings of digital exclusion don't spill over.

This means not only tackling pragmatic issues of access and infrastructure, but also the knock-on effects on people's levels of engagement, aptitude and confidence with technology.



- theconversation.com/

the-digital-divide-is-already-hurting-peoples-quality-of-life-will-ai-make-it-better-or-worse

Do We Really ‘Lose Our Filter’ as We Age?

Do we really have a “filter,” and do we lose it as we get older?

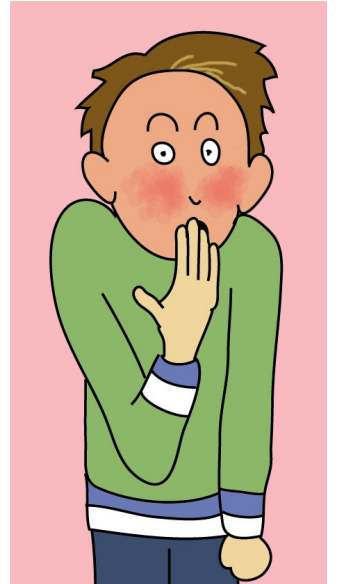
What do we mean when we say ‘filter’?

When someone has no “filter,” it means they say things without thinking. They may blurt out something rude, inappropriate, or unkind, without considering the likely consequences.

“Filters” are an important part of our everyday social interactions.

Of course, what you do or do not say also depends on how well you know someone and what’s considered socially acceptable in a given situation.

Your “filter” relies on cognitive processes such as inhibitory control, which stops you from saying the first thing that pops into your mind. It also relies on social cognition, which refers to the ability to understand and predict other people’s behaviours, thoughts, and intentions. This helps us to recognise what behaviour is appropriate in a particular social setting and to adapt our behaviour based on this.



The prefrontal cortex, which is located within the frontal lobes of our brains, acts as our “filter,” helping us say and do things in a socially appropriate way. When this part of the brain isn’t functioning properly, we might act as though we’ve lost our “filter.”

What happens to our ‘filter’ as we age?

Researchers have linked age-related shrinking in the frontal lobes with declines in inhibitory control and social cognition. Studies have also found older adults respond differently to socially awkward situations than younger adults.

For example, older adults have more difficulty recognising when someone’s said something embarrassing or tactless and show poorer understanding of sarcasm.

So, as we get older, normal aging processes in our brains may make it much easier for things to slip out through our “filters.”

What if it’s more than just a few slip-ups?

In some rare cases, losing your “filter” can be a sign of something more serious, such as damage to the frontal lobes due to a brain injury or stroke, or a neurodegenerative condition such as frontotemporal dementia.

What other things could be at play?

Aside from changes in the brain that impact inhibitory control



Continued on Page 25

BOWRAVILLE CENTRAL SCHOOL NEWS

Congratulations to Isaiah on Signing his Apprenticeship!

Bowraville Central School Year 12 student, and School Captain, Isaiah MacDonald recently marked a significant milestone as he officially signed up for his apprenticeship at Matildas Restaurant, in Nambucca Heads. He can now proudly call himself an Apprentice Chef! This exciting opportunity allows Isaiah to pursue his passion for cooking while completing his HSC. Balancing one day of work per week with TAFE classes in Coffs Harbour, Isaiah will be working towards his Certificate III in Commercial Cookery, all while continuing his studies at Bowraville Central School.

Student-based apprenticeships and traineeships offer a unique pathway for students to gain valuable on-the-job training, earn an income, and obtain formal qualifications alongside their academic pursuits. This innovative and rewarding pathway is something that we take pride in making available to our students at Bowraville Central School. In addition to his apprenticeship, Isaiah was also awarded the prestigious Macksville Hotel \$2,500 Hospitality Scholarship for 2023. These funds have been instrumental in supporting Isaiah's journey towards becoming work-ready, helping him invest in essential items like communication technology, driving lessons, and chef equipment and clothing for his TAFE course. Bravo Isaiah, we're so proud of you!



Australian Literacy & Numeracy Foundation Project: Expressing Student Voice through Music

Our Stage 3 and 4 students recently took part in an exciting and innovative project with the Australian Literacy & Numeracy Foundation (ALNF) and their ambassador, local Gumbaynggirr artist, Tasman Keith. The project ran songwriting and production of music sessions and culminated with a select group of students going out into the community to film an awesome video-clip for two of the tracks they recorded!

The project was an extension of the annual Artist in Residence Project involving Tasman Keith, that we have been running for three years here at Bowraville Central School. We were delighted to extend the project this year, with Tasman working in our school for most of Term 1.



The goal of this project was to encourage student voice and it tied in fabulously with the current Stage 4 English Program, Powerful Youth Voices. We were incredibly thrilled by what our student voices produced in this year's project. A massive thank you goes out to Tasman Keith and The Australian Literacy & Numeracy Foundation (ALNF), you guys are fantastic, keep up the excellent work!

Koala Habitat Planting at Valla Rural

Nambucca Valley Landcare had an extremely successful planting day at Valla Rural on 10th April.

13 volunteers come along and helped plant nearly 1,000 plants!! All done by 1pm. It was an amazing effort and wonderful community spirit with lots of laughs and new people to meet. It was a great day and so inspiring to see so many new volunteers getting into it.

If you want to know what events are on and the latest news, sign up to through our membership form on our website - nvlandcare.org.au



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

Ros Johnston 0427 543 377

email: nambuccaanglicans@tpg.com.au

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9/11

Blokes' Breaky
1st Saturday of the month
at St James - ring Tony to book on
0487 090 886

Womens' Brekkie
3rd Saturday of the month
at St James - 7am or 7.30 start

St Jimmy's Kitchen
3rd Thursday of Month at 6.30pm.

Bowra St Jimmy's Food Hub
Monday, Friday & Saturday 9am until
11am must have a Centrelink card.

9/11

TALLOWOOD STEINER SCHOOL STUDENT STORIES

My name is Lenny. I'm 11 years old and I have lived in Bowraville all my life. I was also born in Bowraville. My favourite place here is the Bowra Pub, Valla Beach and Lanes Bridge River. I go to Tallowood Steiner School. I am in Year 5. I don't know very much about the area but I know the traditional owners are the Gumbaynggirr people.

My name is Tyson. I live in Newee Creek/North Macksville. I have lived in Macksville near Bowraville for 2 years. I love bike riding with my family in Bowraville. I am currently living on a farm. I love Tallowood so much and I think all the people are kind and trusting. The reason we do the Memorial Cup is because of the people that got their lives taken away.

Hello my name is Thea and I would like to let mothers and fathers know about Tallowood Steiner School. It is the perfect school for your kids. It has great staff and amazing students, who will help your child throughout the year. I have been a student at Tallowood for seven years and there would be no place I'd rather be. Tallowood Steiner School goes from Kindergarten to Year six. I have a strong connection with Bowraville and the culture in the community. I love to swim at Wai Ora and explore, and there are great excursion places near Tallowood.

Hi my name is Curtis and I'd like to tell you about my life at Tallowood. I was born at Coffs Harbour Hospital and I live on a hill in Missabotti and it's great. We've got Wia Ora Creek near our house and we swim in it, like, every day. Tallowood's two minutes down the road, so I sometimes get there early. The school I used to go to was St Patricks. I went there for three years and started at Tallowood in the middle of Year two. At St Patricks you have to wear uniforms but at Tallowood you don't have to. If I had enough money I would get a pool and a much bigger library.



**BOWRAVILLE COMMUNITY
DEVELOPMENT ASSOCIATION
INCORPORATED (BCDAI)
Pioneer Community Centre**

N/C

70 High Street – in the heart of Bowraville

Monthly meetings, 2nd Saturday of each month at 1pm.

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

Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed.

Volunteers wanted. Do you have skills to share?

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

Do We ‘Lose Our Filter’ as We Age?

Continued from page 21

and social cognition, it could simply be that as we get older, we care less about what others think.

Compared to younger adults, older adults are less self-conscious, reporting fewer experiences of emotions such as shame, guilt, and embarrassment. They also have higher overall levels of happiness and life satisfaction.

Perhaps we learn to let go of our “filters” and embrace the social awkwardness as we get older. Perhaps grandpa really didn’t like your cooking and feels secure enough to tell you.

So, what does this mean for those of us who seem to be losing our “filter”?

Based on what we know about the brain and aging, blurting out a remark without thinking isn’t necessarily something to be alarmed about. And if you’re on the receiving end, try not to take it too personally. If these remarks seem out of character or extreme, however, consider raising this with other family members or a doctor.

*Edited from article by Stephanie Wong, Lecturer/Research Fellow in Psychology, Flinders University and Hannah Keage, Associate Professor of Psychology, University of South Australia
- chicagocaregiving.com/do-we-really-lose-our-filter-as-we-age*



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Surprising Benefits of Snacking on Popcorn

1. It's A Whole Grain

Popcorn is a 'whole grain,' which means it's a good source of dietary fibre. A 3-cup serving of air-popped popcorn contains 2 grams of dietary fibre. That's approximately as much fibre as half of a cup of sliced carrots, 7 dried apricot halves or 1 whole, medium-sized peach.

2. It's Nutritional

Gram for gram, popcorn has more protein and phosphorus than potato chips and more iron than eggs and spinach!

3. It's Rich in Antioxidants

A team of researchers from the University of Scranton found that popcorn's crunchy hull is rich in polyphenols and ferulic acid — strong antioxidants responsible for protecting the body from various diseases and conditions. Popcorn contains more polyphenols than fruits and vegetables.



4. It's Naturally Gluten Free

Finely ground, it can be used in place of breadcrumbs for a great crunchy coating on chicken and fish or seasoned like croutons and topped on a salad.

5. It's Brain Food

According to researchers at Chicago's Smell and Taste Treatment and Research Foundation, nibbling on popcorn revs the brain's production of revitalising beta waves, upping alertness by 25 percent in 5 minutes.



6. It's Low in Calories

Popcorn is sugar free, fat free and low in calories. Just 31 calories for 1 cup air popped popcorn! Plus, 'popped corn' is mostly air, helpful for satisfying hunger and cravings without damaging your diet. Fiber-rich popcorn also prevents appetite-fuelling blood sugar fluxes.

7. It's Versatile

Popcorn is an incredibly versatile snack. Eat it plain, lightly buttered, spicy or slightly sweet. They're all delicious.

8. It's Inexpensive

Popcorn is one of the least expensive snack foods on the market today.

9. It's Good for Your Heart

Eating a fibre-rich diet has been found to decrease the risk of cardiovascular disease and coronary heart disease. As mentioned earlier, popcorn is packed with fibre, making it an ideal snack for getting your recommended amount of daily fibre.

Unfortunately, movie theatre popcorn is loaded with butter, oils and salt that all but cancel out the benefits. But if you use a light hand with the salt and butter, you can enjoy all the benefits this naturally healthy snack has to offer.

- www.onegoodthingbyjillee.com/the-surprising-benefits-of-my-favorite-snack-popcorn

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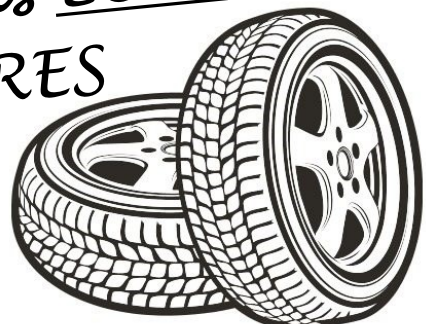
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Autumn 2024							Community Radio Network	
Studio 3 Live on the 3rd Friday of each month 6-8pm								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Green Eggs On Toast Lawrie Medbury	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts	Tones of Claressence Claire Watt	TGIF Betina Goodwin	Rise N Shine Ron Hawkins	Tiki Lounge Remix With Seth Jordan	6 AM
7 AM	Markets info, news, movies, local news. Nude.	NIMA Chart Show Matty J	Blues, Roots, n Boots Presented by Jonny Dee	Get that musical claressence!	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above: 6.30 Saltwater People: 7.30 It's Only Words: 8.30	Creative world music, contemporary jazz, digital beats and other sonic exotica. From 2888	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul Burns	A Breath of Fresh Air With Sandy Kaye	FlipSide With Phill	Talk Of The Town Carl Wrobel	Around the Traps With Beverly	Global Village Garry Havillay	8 AM
9 AM	Great Rock 'n' Roll	Bach to Beethoven With Rachel Burns	Smoko with Gazza With Gary Biden	Specialty-selected, usually-oz	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trench de Groot	Anything Goes With Phil	9 AM
10 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale Hawkins	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Weekend Surge With Chrissy	Garage Noise With Sean Ambrose	Music from anywhere/anywhere	10 AM
11 AM	Flashback With Rob Davidson	Life Words with Linda Bible reflections, Gospel & Australiana	Mick in the Middle With Mick Bertles	Continental Drift Habib Massad	Classical Tunes & Melodies With Peter K	Afternoon Concert With Peter K	The Sixties in Australia Rob Davidson	11 AM
Noon	1960's to 1990's with a weekly featured artist	Rock On With Jimmy & the Bluebirds	Hot Sweet & Jazzy Fun jazz and chat	Tewinga Tunes With Ralph	Weekend Surge With Chrissy	Afternoon Concert With Peter K	That's A Wrap Donna, Nigel, Mitch, Gary & Les	Noon
1 PM	A Country Tea Time With DJ Tina	Sister Act Olivia & Sam	Chimes With Paul Gough	Guaranteed ear candy	Weekend Surge With Chrissy	Afternoon Concert With Peter K	Local sports calls and in-depth sporting analysis	1 PM
2 PM	Slipping and spinning it all!	Retro Birds Robyn Wren & Sally Swan	The Curious World of Lisa Z	Thursdays Country Trickkiv	Weekend Surge With Chrissy	Afternoon Concert With Peter K	AND THAT'S A WRAP	2 PM
3 PM	Bowra Beats With Grace Walters	Not out of the box radio entertainment	The Sit Down With Clint Waaka	Hit Singles From Your Past With Macca	Weekend Surge With Chrissy	Afternoon Concert With Peter K		3 PM
4 PM	Reggae Mixtape With Fitzroy	Blues Soul Funk Featuring Aussies on NBA	Ant's Rock Anthony Garnsey	Live Delay Live music from Aus-wide	Weekend Surge With Chrissy	Afternoon Concert With Peter K		4 PM
5 PM	Music outside the usual	Space Nuts Lost in Science	Solid Rock Aussie Focus	Tim Unsupervised Tim Hood	Weekend Surge With Chrissy	Afternoon Concert With Peter K	Praise, Prayer & Pop With Michelle	5 PM
6 PM	Music Makers With Yen	Zed Games & Diffusion	Ant's Rock Anthony Garnsey	Late night humour, music, interviews and more...	Weekend Surge With Chrissy	Afternoon Concert With Peter K	The AntiSF Radio Show With Nuke	6 PM
7 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Anthony Garnsey	2NVR Music Mix	Weekend Surge With Chrissy	Afternoon Concert With Peter K	Imagine This Radio drama & stories	7 PM
8 PM	2NVR Overnight Music Mix		Ant's Rock Anthony Garnsey	2NVR Music Mix	Weekend Surge With Chrissy	Afternoon Concert With Peter K	Progr Rock Playlist Rhino	8 PM
9 PM			Ant's Rock Anthony Garnsey	2NVR Music Mix	Weekend Surge With Chrissy	Afternoon Concert With Peter K	The best of Progressive Rock	9 PM
10 PM			Ant's Rock Anthony Garnsey	2NVR Music Mix	Weekend Surge With Chrissy	Afternoon Concert With Peter K		10 PM
11 PM			Ant's Rock Anthony Garnsey	2NVR Music Mix	Weekend Surge With Chrissy	Afternoon Concert With Peter K		11 PM
Midnight			Ant's Rock Anthony Garnsey	2NVR Music Mix	Weekend Surge With Chrissy	Afternoon Concert With Peter K	2NVR Overnight Music Mix	Midnight