

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

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

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BOWRAVILLE COMMUNITY NEWS

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2022 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE **APRIL 2023**

ISSUE IS: **4:00PM**

TUESDAY, 21st MARCH 2023

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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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.

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- Oscar Wilde

*Would you like to volunteer or
maybe you're required to
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Whichever, here at the Bowraville Technology Centre we're always looking for more volunteers to join the dedicated crew we have on board already.

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for more information.

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TREES FOR FISH – Community Planting Day

Wednesday 8th March at 9.30am

Join Nambucca Valley Landcare and OzFish at Congarinni South to plant native riparian trees along the Nambucca River to help support the health of the river.

Wear covered shoes, bring a hat and a bottle of water. Morning tea supplied.

All welcome. Please RSVP for venue and catering purposes.

Message 0456 372 931; call 6564-7838; email coordinator@nvlandcare.org.au

Tidy Town Awards

Bowraville is a finalist in the Tidy Town Awards in two sections - the MiMi Mothers project of Waste Management and Logan's last project with Nambucca Valley Landcare before he left for his new position - Tree planting on the river to restore the native trees.

Tidy Town Finalists will be announced on Saturday 4th of March in Singleton.

Bowraville Chamber of Commerce

The next meeting of the Chamber will be held at 5pm on Tuesday 7 March at the Bowra Hotel. Everyone is invited to attend and be part of creating a positive future for Bowraville.

Pioneer Community Centre (BCDAI)

Monthly meetings of the Bowraville Community Development Association Inc (BCDAI) are held on the 2nd Saturday of each month at 1pm and all community participation is welcomed.

Womens' Brekkie

Takes place at the Bowraville Anglican Church Hall on the 3rd Saturday of each month at 7am for 7.30 start.

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2/11

Technology promises to make life simpler. So why does everything keep getting more complicated?

Steve Jobs was a fan of the KISS principle. So too is Tony Hoare, the noted British computer pioneer.

KISS stands for "Keep It Simple, Stupid!", a design edict that's been popular in technology circles for decades.

Hoare once explained: "There are two methods in software design. One is to make the program so simple, there are obviously no errors. The other is to make it so complicated, there are no obvious errors." Hoare favoured the former, not the latter.



No inventor strives to make their creations so complex that it confounds users, just as no rational person sets out to deliberately complicate their own life: life-skills courses preach minimalism and there are no marketing tricks for mystifying mechanics.

So, if KISS is such a universal dictum, why do many of us end up in entanglements of our own making? And why are television remote controls so complicated?

Keeping it simple, it seems, is far more complicated than you might imagine. But the solution lies in a better understanding of the complexities of simplicity.

Acknowledge the problem

Canadian tech entrepreneur Dan DeMers is frustrated: the devices we use aren't just putting more functions in our way, they're consuming more of our time.

He bemoans the fact that every new piece of technology comes with a plethora of functions or apps that almost no-one has the time, or the inclination, to use.

"There's this pattern that I see over and over and over again. It's easier for vendors to offer additive solutions, to offer workarounds, band-aids, to add and not take away.

"New technology adds complexity," he says.

He says the quintessential example is the smart phone.

"Every year a new model comes out with a few new features, and every year the media and the market work themselves into a frenzy over it ... cramming in more and more, without really thinking about what is essential.

"Seriously, there's a phone out there with 16 cameras in it.

"That is not the promise of technology. That's not why we get excited about it. It's supposed to make life easier; it's supposed to take away."

Continued on Page 22

WHAT'S HAPPENING IN BOWRA

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
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.

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10/11

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1/11

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~ Groups by appointment ~

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2/11

WIRES MNC is in need of wildlife volunteers. Can you help?

Our Rescue and Immediate Care Course (RICC) gives NSW residents over 18 an in-depth understanding of wildlife rescue, allowing you to rescue sick, injured and orphaned wildlife and help them receive the care they need.

The \$125 course consists of an online theory component and a 1 day practical workshop. The online component must be completed before you can book into a workshop.

WIRES MNC is holding RICC workshops in Coffs Harbour on Saturday, 4th March; 6th May and 12 August 2023

Enrol now: <https://www.wires.org.au/training/rescue-and-care>



N/C

Once RICC trained, volunteers can complete advanced species courses.



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

70 High Street – in the heart of Bowraville

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

Welcoming community participation.

Bowra Country Market, 2nd Saturday of every month.

Enquiries: 6568 3370

Pilates. Every Monday at 4pm facilitated by Sally Buchanan \$15. 0448 697 703

Line Dancing. Every Tuesday, from 6pm. Enquiries: 6564 7791

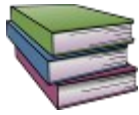
Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed. Please think of us when you are doing your spring cleaning!

Volunteers wanted. Do you have skills to share?

Administration, Barista, Book-keeping/Treasurer, Building maintenance, Fundraising & events, Marketing, Social Media and Team Leadership are all highly valued and welcomed to take this community organisation into the future.

Find us on Facebook.

Enquiries to Marion 0400 828 471 email: bcdainc@gmail.com



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Sea Sisters

by Lucy Clarke

Katie and Mia are sisters – different in every way. Katie is blonde, pretty, organised, employed, engaged to Ed and with her life mapped out. Mia, the younger sister, is dark in appearance with a wild, risk taking nature and less concern for the conventions of a normal, responsible life. They live in London.

Mia's life-long best friend, Finn, is easily talked into going travelling overseas with her. He'll do anything for her, he loves her; she doesn't know.

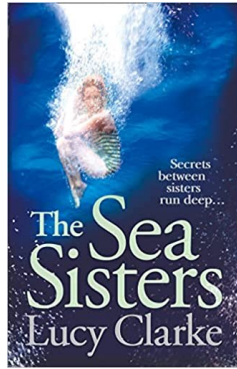
Despite Mia's haphazard behaviour and lifestyle she writes a very neat, detailed and concise diary of their travels - though not truly opening up to anyone in her life.

Katie gets the police visit, no-one ever wants, notifying her that Mia has died in Bali and it appears to be suicide. The diary is given to her. As time passes Katie decides to retrace Mia's steps, using the diary, in the hope that she can understand what happened.

The Sea Sisters is a tale of sisterhood, love, secrets, loss.

There are a couple of twists and turns in this novel. I enjoyed it – a light read.

Read and reviewed by BTC Volunteer Raewyn.



Otherland – A journey with my Daughter

by Maria Tumarkin

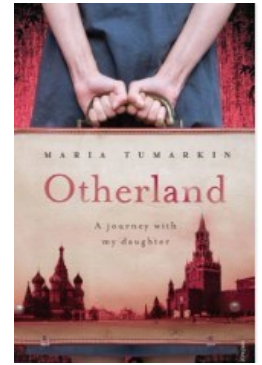
Maria Tumarkin travels with her Australian-born teenage daughter, Billie, back to Russia and Ukraine so she can experience first-hand the seismic shifts of her family's native country.

For Maria the trip back is no simple stroll down memory lane. Splintered and scattered across the world, her generation has ended up inhabiting vastly different realities. Maria wanted to bring together the worlds of her mother and daughter - their different continents, histories, and experiences.

Before they set off, Maria wistfully imagined her and Billie's hearts beating in unison as they travelled back to a past they could both understand, forging a nearly superhuman bond along the way. But, in Maria and Billie's case, the past was not simply another country, but one that no longer existed.

Otherland is the story of a six-week trip traversing three generations, three lifetimes, and three profoundly different but profoundly interconnected stories of mothers and daughters.

www.goodreads.com



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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.

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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.

Salt Awareness and Reduction

Study shows simple salt swap could prevent millions of deaths each year.



Replacing table salt with a reduced-sodium, added-potassium 'salt substitute' significantly reduces rates of stroke, heart attack and death, according to the results of one of the largest dietary intervention studies ever conducted.

Presented at a 'hotline session' at the European Society of Cardiology Congress in Paris 2021, and simultaneously published in the New England Journal of Medicine, the results also showed that there were no harmful effects from the salt substitute.

High levels of sodium intake and low levels of potassium intake are widespread, and both are linked to high blood pressure and greater risks of stroke, heart disease and premature death. Using a salt substitute - where part of the sodium chloride is replaced with potassium chloride – addresses both problems at once. Salt substitutes are known to lower blood pressure but their effects on heart disease, stroke and death were unclear until now.

Lead investigator, Professor Bruce Neal of The George Institute for Global Health, said that the scale of the benefit seen in the study could prevent millions of early deaths if salt substitutes were widely adopted.

"Almost everyone in the world eats more salt than they should. Switching to a salt substitute is something that everyone could do if salt substitutes were on the supermarket shelves," he said.

"Better still, while salt substitutes are a bit more expensive than regular salt, they're still very low-cost – just a few dollars a year to make the switch."

"As well as showing clear benefits for important health outcomes, our study also allays concerns about possible risks. We saw no indication of any harm from the added potassium in the salt substitute. Certainly, patients with serious kidney disease should not use salt substitutes, but they need to keep away from regular salt as well," added Professor Neal.

Continued on Page 12

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Salt Awareness and Reduction - *Continued from page*

The Salt Substitute and Stroke Study enrolled 21,000 adults with either a history of stroke or poorly controlled blood pressure from 600 villages in rural areas of five provinces in China.

Participants in intervention villages were provided enough salt substitute to cover all household cooking and food preservation requirements - about 20g per person per day - free-of-charge. Those in the other villages continued using regular salt.



During an average follow up of almost five years more than 3,000 people had a stroke. For those using the salt substitute researchers found that stroke risk was reduced by 14 percent - total cardiovascular events (strokes and heart attacks combined) by 13 percent and premature death by 12 percent.

Professor Neal said that because salt substitutes are relatively cheap (about US\$1.62 per kilo versus US\$1.08 per kilo for regular salt in China) they are likely to be very cost effective too.

"Last year, a modelling study done for China suggested that about 400,000 premature deaths might be prevented each year by national uptake of salt substitute. Our results now confirm this. If salt was switched for salt substitute worldwide, there would be several million premature deaths prevented every year," he said.

"This is quite simply the single most worthwhile piece of research I've ever been involved with. Switching table salt to salt substitute is a highly feasible and low-cost opportunity to have a massive global health benefit."

As a result of the study, George Institute researchers are calling for the following actions: Salt manufacturers and retailers worldwide should switch to producing and marketing salt substitute at scale; Governments worldwide should design policies to promote salt substitute and discourage regular salt use; Consumers worldwide should cook, season and preserve foods with salt substitute not regular salt.

- www.georgeinstitute.org.au

Make a healthy shift - Swap foods that are high in sodium (salt) for healthier options. You can:

- Snack on unsalted nuts instead of salted pretzels or chips
- Try cooking fresh or frozen meats or seafood instead of buying deli meats or sausages.
- Go for fresh or frozen vegetables without sauce or canned vegetables with lower sodium.

BOWRAVILLE CENTRAL SCHOOL NEWS

Stage 4 Camp

Year 7 and 8 had the opportunity to attend our Stage 4 camp at Coffs Coast Adventure Centre. Stage 4 worked on their resilience, respect, responsibility and teamwork through team activities and challenges. The camp began with a day at the Big Banana. Students and staff took responsible risks on water slides and the toboggan. Day 2 was full of team challenges including the Mega Drop, Archery and Commando Course. The day ended with Dreaming Stories around the fire with Matthew Flanders. On the final day we were zip-lining across the camp and rolling down the hill in Zorb balls before making our way home. Overall, the students and staff had an incredible time away exploring life outside of our comfort zones.



Year 7 and 8 students enjoy some fun at the Big Banana

Valentine's Day Cupcake Fundraiser

The SRC (Student Representative Council) held their first fundraiser for the year by selling delicious cupcakes to celebrate Valentine's Day. Senior students cooked and decorated the cakes that sold 'like hotcakes'.



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Gardening in the Heat



Too hot to garden? Here are six of the essentials for gardening through an Aussie summer.

Water early Do it first thing in the morning to hydrate plants in need before it gets too hot. If that doesn't work for you, water in the cool of the late afternoon, but avoid wetting foliage, as water left on leaves can accelerate the onset of mildew diseases.

Top up mulch The best way to boost your watering efforts is to maintain a good layer of mulch. This works like a blanket, reducing evaporation and holding moisture in the soil for much longer. The mulch smothers weeds, too, reducing your workload! If your soil is bare, or the mulch is looking thin, lay down a fresh organic mulch to a depth of 7–10cm. Do this straight after a deep soaking.

Shade precious plants Throw shade cloth over flowers, vegies and other heat-sensitive plants at risk of burning or becoming mortally dry and wilted over summer. Shade cloth is graded according to how much light it shuts out. A maximum shade rating of 25 per cent is recommended for most things – providing too much shade to sun-loving plants long-term can cause new growth to become



**51 CARBIN
STREET
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6564 8648**

11/11

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All smiles at first Womens' Brekkie

Bowraville
Anglican Church
Hall on the
3rd Saturday of
each month at
7am for 7.30 start.

See you at the next Brekkie ladies.



BOWRAVILLE PHARMACY

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11/11

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Secretary:
Mark Scott



2/11



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N/C

~ GARDENS & GARDENING ~

From Page 14

lanky and weak. When temperatures soar, your plants will thank you for the protection.



Keep pots cool On very hot days, move sun-loving plants to a cooler spot temporarily, or spray their foliage with an anti-transpirant. These products coat and protect foliage, reducing the effects of heat stress and sunburn. Water more regularly to keep the mix cool and apply mulch. If the water is running down the sides of the root ball and not soaking in, submerge the pot in water for 10 minutes, or apply a wetting agent.

Apply liquid seaweed These mixtures strengthen the cell walls in plants and encourage more root development, which helps the plants withstand heat stress. Apply to the roots or as a foliar spray once a week.



Solarise weeds Forget about pulling out weeds. Slash them if they are tall, then cover the weedy area with black plastic. The intense heat below the plastic kills the plants and eliminates seeds as well.

- www.gardeningaustralia.com.au



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20

23

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Bowraville in 3rd place of regional suburbs in Australia to record largest property value growth since COVID-19 hit

The regional housing boom has begun to slow in hotspots across New South Wales after record-breaking rises during the pandemic although overall the regional market is still outpacing capital cities.

Combined regional housing prices soared by an average 41.6 per cent after COVID-19 hit (compared March 2020), though they've since dropped 5.7 per cent since peaking in June.

But some regional markets are dealing with much higher house price growth than the national average. Crunching the numbers, CoreLogic figures reveal the biggest changes in regional values for houses since the pandemic hit.

According to CoreLogic, some markets saw house prices rise by 70 to 80 per cent during the pandemic, changing the face of some local communities.

"The global pandemic created one of the greatest lifestyle shifts Australians have experienced," Dr Nicola Powell, Domain Chief of Research and Economics says. "It emphasised the importance of the home and its surrounding community, as well as the ability to work, live and play within a short distance of where we reside. While some regions have seen relatively steep declines in value over recent months the regional lifestyle markets are 'still the stand-outs'", CoreLogic's head of research, Eliza Owen, says.

- edited from news item at abc.net.au



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2/11

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Bowraville's future streetscape - *always in the future!*

As you look down from the Phoenix the streetscape is dominated by the tarmac - this dark surface helps the radiant temperature to reach 50C in the shade and makes coming into town in the middle of the day simply awful.

There is nowhere to sit and relax or eat in the shade - no reason to linger. - could this be why throughout the year, whilst most of the car spaces are full, there are often no people to be seen.

In 2004 a group of interested locals developed a plan for the future of High Street in the town centre which included ideas for the planting of trees to reduce the area of tarmac and create shade. Imagine the streetscape now if this had happened.

In 2018/19 the Beautification and Amenity subcommittee of the Bowraville Chamber of Commerce met to look at ideas for improving the amenity of our main street - ideas which would benefit both locals and visitors alike. They started by conducting a brief survey of positives and opportunities for future actions.

Then, after the bushfires at the end of 2020 the Nambucca Valley Council hired architect Alan Rudge to develop a Bowraville Draft Masterplan. An open community workshop for ideas was held at Grants Hall and Alan consulted with local Gumbaynggirr representatives. The plan was released and opened to community responses in mid-2021.

This plan envisioned a coordinated upgrade to the area from the police station to the Phoenix involving the removal of the electricity poles and wires from the central strip. This strip was to be widened and some trees and cabbage tree palms planted for shade. The space was divided into 4 precincts, each encouraging community use and including water features, arbours, seating and links to the creek and park areas to the west.

There the project sits - as at least \$5 million is needed - and the disruption to town for the time of building would be enormous.

But with so many cafes and other businesses needing patronage for viability it seems expedient that the community takes another look at the proposed plans and seek ideas for simple actions that would work for the township's common future.

If you would like to look at the Bowraville Draft Masterplan a copy is available at the Technology Centre or I can forward an electronic copy to you if you email me at tesselates@gmail.com

Perhaps a group can be formed to progress this project.

- Ideas from Phillida Hartley, with support of the Bowraville Chamber of Commerce.

As I write this in the Technology Centre at 39 High Street the Banana Coast Credit Union (bcu) is removing the last remnants of its office from the building. **The bcu atm at the front of the premises will remain.** As will the Technology Centre.

The Chamber has been concerned with the ongoing reduction of banking facilities in our town; and we are very well aware that this is happening throughout rural Australia as phone and internet banking expand. Thankfully Australia Post has stepped up and many bills can now be paid simply and safely at their counter, with staff ready and able to assist if needed.

This is a wonderful service for the community, especially for those not readily able to travel to banks or credit unions in other centres (also often closing!).

Unfortunately at this time however one set of regular banking needs is not able to be met at the Post Office – Nambucca Valley Council's land and water rates cannot be paid there. Although payment of rates from many other councils can.

Several other issues such as timed parking in the town centre, installation of a drinking fountain, development of the community gym, the Meet the Candidates, the Valley Hub and access to the old bridge timbers were also discussed.

Paula Murray, who was a member of the Chamber Committee, and known to many as the chef at the monthly Community Markets, passed away at the end of January. We remembered her commitment at our meeting and we are discussing the planting of a tree in her memory – perhaps an area can be found where a memorial garden for such losses can be created...?

The next meeting of the Chamber will be held at 5pm on Tuesday 7 March at the Bowra Hotel. Everyone is invited to attend and be part of creating a positive future for Bowraville.

**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

10/11

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

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

Bowra St Jimmy's Food Hub
Monday, Friday and Saturday 9am
until 11am for all people who hold
a Centrelink card.

ST. JAMES CHURCH HALL

10/11

International Women's Day - March 8, 2023

Campaign theme: ***EmbraceEquity***

Equity isn't just a nice-to-have - it's a must-have - for International Women's Day and beyond. A focus on gender equity needs to be part of every society's DNA.

Give equity a huge embrace

It's not just something we say. It's not just something we write about.

It's something we need to think about, know and embrace. It's what we believe in - unconditionally. Equity means creating a fair and equal world.

We can all play a part

Each one of us can actively support and embrace equity within our own sphere of influence.

We can all challenge gender stereotypes, call out discrimination, draw attention to bias and seek out inclusion.

Collective activism is what drives change - from grassroots action to wide-scale momentum we can all embrace equity.

Forging gender equity isn't limited to women solely. Allies are incredibly important for the social, economic, cultural, and political advancement of women.

Everyone everywhere can play a part. Collectively, we can all forge positive change.



Being included and belonging feels good

When we embrace equity we embrace diversity and we embrace inclusion.

We embrace equity to forge harmony and unity and to help drive success for all.

Equality is the goal and equity is the means to get there - through equity we can reach equality.

- www.internationalwomensday.com



To Market, to market . . .

Nambucca Plaza Lions Market- 2nd Sunday every month.

Nambucca Plaza, Nambucca Heads from 8am. Enq. 6568 5447

Funkya @ Unkya Markets Last Sun even months (not Dec) Eungai

Reserve Pacific Highway Eungai 8am-1pm Enq. 0425 205 737

Bowra Country Markets - 2nd Saturday each month Pioneer

Community Ctr - 70 High St. Bowraville 9am to 1pm. 0401481501

Bellingen Community Market an all-weather outdoor event held on the 3rd Saturday of each month. 1 Oak St Bellingen. 6655 2151

Bellingen Growers Market from 7.30 to 11.30am at the Bellingen Showground every Saturday except the third Saturday of month.

Bowraville Pioneer Community Centre has a bright future

Greetings from Bowraville Community Development Association Inc. (BCDAI)

Following our successful membership drive and AGM in November, and after a January break, the BCDAI committee held their first meeting of the year on the Saturday of the Country Market. As BCDAI settles in their executive team - here is a highlighted report from the meeting.

BCDAI continues to grow its membership. The \$5 annual joining fee is proving to be very successful. This month the committee welcomed 8 new members. Please feel free to attend meetings and bring your ideas or concerns to this community organisation.

We are all about developing collective activities for sustainable and achievable outcomes that reflect our concerns and how we want to live here.

Truly there are so many things of interest that you get involved with. If your interest is in building and heritage grants - have we got a spot for you! Do you have admin skills, because there is always the hiring and letting of the space for various activities?

Other members are forming subcommittees for pop-up shops based on common interest. We have a sub-committee for monthly art and window displays. Or are you a budding home cook, who would like to help provide a menu, to cook and serve the community once a month for our market café?

Perhaps your proclivities are around sustainability? If this is the case why not join Michael De Mol who is planning a Sustainability and Environment Display at the Hall for later in the year, or perhaps you want to organise to help provide more green trees and social amenity for High Street.

I think everyone in town enjoyed the pop-up shop in December. Thank you, Karin, Phillida and Rocky. Those clip-on earrings are amazing!

Of great significance was the hugely successful January Bookfair that has become Maz Surat's project. Well done to all involved, and to those who know a bargain and supported this community drive. I think the bookfair is on the map and has the potential to become a cultural icon for the town. It's also a significant financial contributor to the Association.

BCDAI has formed a working partnership with the Bowraville Tech Centre. This partnership carries the potential to make community information more available at the hall, and perhaps a shared approach to some grants, while using our collective organisations to make sure services are maintained in Bowraville. We sincerely hope this is a fruitful partnership.

Volunteers are a huge part of BCDAI. We value their contribution, and will in the future be looking for community minded Centrelink volunteers who have skills to contribute to our collective. Be it: gardening, administration, or opening the doors to a high street shop front for a collective workspace. More on this next month.

Come and join us. For we are you. Susan Jenvey President BCDAI.

Technology promises to make life simpler - so why does everything keep getting more complicated?

Continued from Page 6

DeMers says there's an urgent need to rethink how innovation is prioritised and acknowledge the fact that any growth in capabilities only adds benefits up to a certain point.

After that, you hit what he calls the "peak of complexity" and the returns begin to diminish.

"The other side of that peak is collapse, meaning it's either such that we're heading towards a massive societal collapse, or we're on the early beginnings of the simplification revolution."

He attributes part of the problem to hype cycles and ever-rising expectations - the need to constantly dazzle customers and show that your technology is the brightest and the best.

Instead, he'd like technology to go the other way - to adopt a reductive approach. To embrace the adage that less is more.

"There's lots of new technologies that allow you to do things that you couldn't do before," he says.

"But the ones that are actually exciting, the ones that are transformational are the ones that make it such that you no longer need to do what you did before."

Know when to stop

Simplification is a worthy goal, regardless of whether you're developing a new contraption or tidying up your personal affairs, but it isn't a virtue in and of itself.

Go too far in trying to simplify and you can inadvertently reintroduce confusion and complexity. Go even further, and things become simplistic to the point of being unintelligible.

Design expert Michael Lissack says it's important to take a step back and adopt an objective, dispassionate perspective.

"The way you determine where the right point is, is by asking yourself if asking more questions might make a difference," he says.

In other words, if someone is left asking questions about what you've attempted to simplify, then you've obviously gone too far and need to add more detail.

It's also important to understand that every simplification involves a trade-off.

"The trade-off is what you are choosing to pay attention to, and what you are ignoring. If you simplify, you're focusing on some small number of elements and saying, 'that's where the attention should be', which is great if they're the right ones - but it's horrible if they're the wrong ones."

- www.msn.com – Edited from story by Antony Funnell for Future Tense



How To Stop Worrying

Worrying is a natural part of being human. We have had this instinct for thousands of years, and it's helped us prepare for the future and prevent bad things from happening.

But worry can also become a problem when it interferes with your life. When worry becomes an intrusive thought, it can rob you of happiness and peace but you can learn how to stop worrying.

Try these tips to overcome worry and anxiety and you are on your way to having more peace in your life.

Avoid Thinking About Future

It can also be helpful not to worry too much about tomorrow or next week because we never know what life has planned for us. There are so many factors outside of our control (such as traffic accidents) which may change all of our plans. If you find yourself worrying about what might happen, try to remind yourself that you cannot possibly control everything. What will be, will be.

Distract Your Mind

Try to distract your mind with other things when those racing thoughts start coming in. Sometimes the best way to stop worrying is simply to not think at all - especially if there isn't anything productive or helpful you can do right now! Try reading a book or watching something funny on TV if your brain won't slow down and let you rest. It may take some time for these methods to work completely but even implementing one of them should make a huge difference in how calm and relaxed you feel before bedtime.

Start Accepting

Accept that you cannot control everything in your life. Some things are inevitable and no matter how hard we try to work around them they will continue to come up. You can't change this fact but by accepting it the stress of trying may fade away over time. Learning to accept the things you cannot change is one of the most helpful ways to stop worrying.

Don't compare yourself to others - we all know someone who has more success, money, fame or good looks than ourselves; but that doesn't mean you aren't amazing in your own way. Your life and experiences are unique to you and the only person you should compare yourself to is YOU. Happiness and success in life come from within so stop putting your happiness on hold by constantly comparing yourself to others.

Stop Gossiping

This may be hard for some people but there's nothing more toxic than spreading rumours around the office or saying terrible things about a person behind their back. If you gossip to someone and they spread your words around the world - guess what? Those rumours are now affecting YOUR life. By deciding not to participate in this type of behaviour it will also give you a sense of relief that no one is talking bad about you.

Make Time For What You Love

Take time out of your busy schedule to do something relaxing or enjoyable! Whether this means going for a walk, meditating, or reading a good book - make sure you have some YOU time each week. By doing so, stress levels will begin to decrease.

Continued on Page 24

How To Stop Worrying - *Continued from page 23*

Avoid Overthinking

Overthinking involves thinking about something so much that you are unable to clearly see the situation for what it is. The problem with overthinking is that it can lead to problems in decision-making. What's more, overthinking tends to draw out the process - meaning decisions will be delayed resulting in even greater stress.

Focus on a certain task so that you can take action (it doesn't matter which task as long as something gets done). And whatever you do stop replaying conversations or events in your head. Try writing down the issues involved instead of thinking about it until your head hurts (this will help clarify how you truly feel about the situation).

Laugh More Often

Laughing is known to reduce stress levels, boost self-esteem, and improve overall health. Unfortunately, some people are "too stressed out" to laugh (even when it's appropriate), while others simply think that nothing is funny.

To get into a better mood, try watching your funny DVDs or a comedy TV show. If this isn't an option find something else that might make you laugh - maybe reading jokes online! The point is not to find something that makes you laugh each and every time, but rather to discover things that might put a smile on your face for no apparent reason.

Try To Stay Positive

To stay positive you must first change the way you think about certain things. If someone upsets you seek out their positive traits (we all have them despite how we may act). If something bad happens, try finding the lesson or opportunity within it. After all, negativity is often rooted in selfishness - meaning you think about your feelings more than other people's.

Practice Mindfulness

Mindfulness is simply being fully aware of your thoughts, actions, and surroundings. It might sound difficult at first but after some practice, it will become second nature to you. To be mindful ask yourself questions like "what am I doing now?" or "why am I saying this right now?" Doing so will force you to take a step back from the situation and gain a unique perspective on things.

If you can't think of any questions to ask yourself, try focusing on your breathing. Notice the sensation of every breath you take and count each inhalation - this will help clear your mind, focus your attention and give you a renewed appreciation for life.

Meditation

One easy way to stop worrying is through meditation. A lot of people think that they need to do some complicated breathing exercise or sit in a certain position when meditating, but the simplest form of meditation involves closing your eyes and focusing on your breath as it goes into and out of your body. This will help you slow down and calm those racing thoughts!

Develop an Attitude of Gratitude

If you do none of the above but begin to be grateful for the small things you will feel better in yourself and be better able to tackle some of these suggestions.

- mantracare.org

National Close the Gap Day March 16, 2023

National Close the Gap Day is observed on the third Thursday of March, falling on March 16 this year, and advocates for health equity of Australia's indigenous people and educating the public about the health issues and barriers to well-being faced by them. Since 2007, National Close the Gap Day brings together Australians from all over the country to advocate for health equity and take meaningful action to create better and more equitable conditions for the indigenous people.



Although most Australians enjoy one of the highest life expectancies and qualities of life in the world, the same isn't true across all ethnic and cultural groups. Aboriginal and Torres Strait Islander people face barriers in accessing quality healthcare and resources to help them stay healthy and thrive. Babies born to indigenous mothers die at a rate twice as high as that of other Australians.

The Close the Gap campaign highlights these discrepancies and seeks to close the gap and achieve more equitable health outcomes for all Australians.

Close the Gap advocates for health care choice and access, a responsive healthcare system that is sensitive to cultural and linguistic differences, and safe housing that promotes good health.

- nationaltoday.com/national-close-gap-day/



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Harmony Week - March 20 to 26, 2023

What is Harmony Week?

Harmony Week celebrates multiculturalism and the differences that make us all so unique. It promotes the core tenets of respect, inclusivity and a sense of belonging for everyone.

The event occurs on this day each year and has done for over 20 years! The day itself marks an important date, as the 21st of March is the International Day for the Elimination of Racist Discrimination. As such, whilst Harmony Week is a uniquely Australian event, it coincides with the global promotion of equality and inclusivity, centring on that all-important date, which is known as Harmony Day.

Simply put, it's a day for us to come together and celebrate all of our differences and diversity in Australia as well as across the world. Australia has a rich and varied culture, but we can't ignore the history of racism and cultural discrimination that is a large part of history in Australia.

On Harmony Day, Aboriginal and Strait Islander cultures are a focus point for discussions and celebration as they have been subject to so much systemic oppression within Australia. They still face racism and discrimination today and so Harmony Day is a great opportunity to educate others on the value and importance of other cultures. The event encourages us to continue to build bridges between the different wonderful cultures and ethnicities that make Australia what it is today.

- www.twinkl.com.au/event/harmony-day-2023



What's on in MARCH 2023

BOWRAVILLE THEATRE

- ♦ **Friday, 3rd March 2023 @ 6pm ~ Bandaluzia Flamenco supported by Maanyung**
- ♦ **Saturday, 11th March 2023 @ 11am ~ Bowraville Theatre Players - Casting Call**
Join the Bowraville Theatre Players in the beautiful Bowraville Theatre foyer for an informal expression of interest and information on upcoming productions.
- ♦ **Saturday, 18th March 2023 @ 7pm - 10pm ~ Best little Burlesque Show in Bowra**
A whole lot of Fun. Drag, Cabaret, Comedy and Burlesque at its finest. Tickets \$27.50 @ stickytickets online plus booking fee. \$200 VIP Table - table for four a complimentary bottle of wine and nibbles.
- ♦ **Wednesday, 22nd and Thursday, 23rd March 2023 @ various sessions**
- ♦ **Indi Film Making Workshop by Award Winning Indi Film Makers**
A unique opportunity to hear and learn from the writer/director Rowan Devereux, and Producer Sophie Saville of the award-winning film Evicted! This workshop provides practical advice, resources and tools and is an incredible opportunity to learn from two innovative and successful independent filmmakers.
- ♦ **Thursday, 23rd March 2023 @ 6:30pm ~ Evicted! A Modern Romance**
This special screening event includes an exclusive Q&A session with Writer & Director Rowan Devereux and Producer Sophie Saville.

Bowraville Theatre - 74 High Street, Bowraville

For more details of the above events go to www.bowravilletheatre.com.au

Email: bowravilletheatre@bigpond.com Tel: 02 6564 7808

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Radio Nambucca 105.9FM Program Guide Autumn 2023							
	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 am	Green Eggs On Toast	Macca's Breakfast	Aussie Home Grown	Tones of Claressense	Jam Pakt	Rise N Shine	Hot Sweet n Jazzy
7 am	Nude	With DJ Macca	Gold at Breakfast	Claire Watt	Step Back in Time	With Ron Hawkins	Jazz Made in Aus
8 am	With Lawrie Medbury	Tuesday Roundup	With Dayna		Continental Drift		Blues Roots n Boots
9 am	Classic Hits n Jukebox	Two for the Money	Smoko	FlipSide	Talk of the Town	Travel Tales	Let the Bands Play
10 am	With Paul Rowe	Paul & Rachel Burns	With Gazza	With Phill	Ceri Wrobel	Beverly Gibbs	Meet Me at the Movies
11 am	Baby Boomers	Infopinion	Mystical Music & Musings	Turning Pages	Peter's Pops	Cinemascope & The Assignment	Science Time
Noon	With Donna Collins	Richard, Eddie, Ron	With Luise	Flashback	Classic Tunes & Melodies	Fine Music Live	Diffusion, Lost in Science, Space Nuts & Earth Matters
1 pm	The Weekley Fix	Life Words	The Bohemian Beat	With Rob Davidson	Dhirendra the Time Traveller	Garage Noise	Dirt Music
2 pm	With Paul Weekley	With Linda	The Chill	Tewinga Tunes	Timeless Albums	With Sean Ambrose	That's a Wrap
3 pm	Country Tea Time	Rock On	The Folk Show	With Ralph	The AMRAP Show	Phase Out with Faye	Live Sports
4 pm	With DJ Tina	Sister Act	MC Grim	Thursday Country	Jammin' with Gin	Lots o' Oz Music	Donna, Nigel, & others
5 pm	Bowra Beats	Retro Birds	With Mark Seagrim	With Trickivic	Turn Up the Volume	Faye Aspiotis	Praise, Prayer & Pop
6 pm	Hinterland	With Robyn & Sally	The Sit Down	A Breath of Fresh Air	With Macca	Aussie Music Weekly	With Michelle
7 pm	Reggae Mixtape	Blues Soul Funk	Clint Waaka	Highway Blues	Studio 3 Live every third Friday 6-8pm	Saturday Date	AntiSF Radio Show + Imagine This
8 pm	With Fitzroy	Matt Liebrandt & Friends	Politics & the Environment	With Retro	Saturday Night Gold	With Stu	With Nuke
9 pm	Music Makers	2NVR Music Mix	Ant's Rock	Tim Unsupervised	on Friday Night With Allan Quinn	Wolfy	Prog Rock Playlist
10 pm	Featured Artists		With Ant	With Tim Hood		With the Wolfman	Best of prog rock
11 pm	With Yen		Ant's Rock	2NVR		Music & Requests	With Rhino
Midnight	2NVR Music Mix		Overnight	Music Mix		2NVR Music Mix	2NVR Music Mix
The Best Little Station in the Nation			AIR News weekdays 6, 7, 8, 9am, noon & 6pm — weekends 6, 7, 8, & 9am			Stream: <www.2nvr.org.au>	