



# 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

**NOVEMBER 2021 ~ ISSUE #201 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449**

**GOT A PROBLEM? WALK IT OUT.**

## *Narrative Walks*



*The mental health initiative for those that don't want to sit  
in a counselling room.*

**SUNDAY NOVEMBER 14 (FOR ADULTS)**

**SUNDAY NOVEMBER 28 (FOR YOUTH)**

**8:30AM to 5:30PM**

**Meeting at Little Bay Picnic Area, South West Rocks**

**IF TRADITIONAL TALK THERAPY IS NOT FOR YOU, JOIN US ON A  
DAY WALK IN NATURE TO WORK ON YOUR PROBLEM**



*Facilitated by 2 Eco-Social Workers –  
Lucy Van Sambeek (AMHSW & Certified Nature Therapy Guide)  
and Zimba Ahmed (Masters SW Student)*

*More info on page 7*

**Turning  
Milling  
Welding  
Repairs  
Parts Made**

**FITTING TURNING  
MACHINING**

**0408 964 433**

**Steven Jeffries - 2 Park Street Bowraville 2449**

**[www.fittingturningmachining.com.au](http://www.fittingturningmachining.com.au)**

**Worn Shafts  
Re-Built  
Aluminium  
and  
Stainless  
Welding**

# BOWRAVILLE COMMUNITY NEWS

## CIRCULATION = 400 COPIES

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

## 2020 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.  
Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

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

## DEADLINE FOR COPY FOR THE DECEMBER 2021

**ISSUE IS: 4:00PM**

**TUESDAY, 23rd NOVEMBER 2021**

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

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

**BOWRAVILLE TECHNOLOGY CENTRE**  
39 High Street, Bowraville NSW 2449  
Telephone: 6564 7420  
e-mail: [admin@bctc.com.au](mailto:admin@bctc.com.au)

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

# ***Bowraville Technology Centre***

**Open 9.30am to 4.00pm Weekdays**

## **Internet Services**

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

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

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

## **Facility Hire**

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

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

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

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

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

# ***Bowraville Technology Centre***

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

**Open 9.30 to 4pm Weekdays**

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

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

# Bowraville Services Australia Agency

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

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

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

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

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



Australian Government  
Services Australia



**FITTING TURNING  
MACHINING**

**0408 964 433**

Steven Jeffries

*Turning - Milling - Welding - Repairs - Parts Made  
Worn Shafts Re-Built - Aluminium & Stainless Welding*

2 Park Street Bowraville 2449

**[www.fittingturningmachining.com.au](http://www.fittingturningmachining.com.au)**

The advertisement features a large grey wrench on either side of the main text. There are also decorative elements of green leaves and red bows in the corners. The phone number is highlighted in a yellow box, and the website URL is in a black box.



## TECHNO LESSONS OPEN TO EVERYONE

The **Technology Centre** is open to **anyone** who would like to learn more about technology – computers/ internet, mobile phones, emailing, social media, using digital photography with computers, assistance with using your home computer, ipads, tablets, etc.

***Absolute beginners are most welcome!***



**Free Techno Lessons**  
**Bookings essential**

If your computer requires servicing or has issues you need to make a booking and there will be a minimum fee of \$25.

**For technical issues** contact BTC for a booking.

**You can ring the  
Bowraville Technology Centre on  
6564-7420**

A little more kindness,  
A little less speed,  
A little more giving,  
A little less greed,  
A little more smile,  
A little less frown,  
A little less kicking  
a man while he's down,  
A little more "We",  
A little less "I",  
A little more laugh,  
A little less cry,  
A little more flowers  
on the pathway of life,  
And fewer on graves  
at the end of the strife.  
*- Mark Twain*

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

The DVD Library operates on the same basis as our very popular Book Nook,  
ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.



*A limit of 2 DVDs per borrower.*

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

Save on paper and ink!

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

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



### **Bowraville Garden Club**

With Covid restrictions easing we had a pleasant meeting in September and had the confidence to arrange a visit to Grafton to visit a special garden and restaurant. Our next meeting will be at the usual time on 2<sup>nd</sup> Saturday when we will hold our final AGM. Emails will give you the details.

### **Bowraville Seniors**

Our next meeting will be at the Coach House Inn on Friday 19<sup>th</sup> November, commencing 11am. Our guest speaker and member Fay Glyde who will reminisce on working at the Co-Op Departmental Store and perhaps enlighten us on more of Bowraville's history with coffee before and lunch after. Contact Carol on 6564-7076 if you would like to join us

### **BowraMacksville Hospital Auxiliary - UHA**

Due to COVID restrictions our October meeting was cancelled. However a short meeting will be held before our Christmas function which will be held at Macksville Country Club otherwise known as the Golf and

Bowls Club on 3<sup>rd</sup> December. All members will be notified by email of details. Our UHA has been sent a letter from Macksville Hospital thanking the Auxiliary for purchases made but also for presenting such a cheery and much appreciated service from our café. At the moment there are only 27 members working in the café and this means some have volunteered for many extra hours. If you are interested in adding to the number contact Heather 0403 800 262 or 6568-4428.

### **Bowraville Recreation Club**

With COVID restrictions in place sport and development continue. Golfers are having good fields on Saturday and look forward to the new layout. With all the rain it is hoped new greens will soon be covered. Singles in bowls championships are close to finding the champions for 2021. Interestingly there are often more women players playing on Saturday than on Thursday and occasionally come in as winners. For more information call 6564-7349.

### **Coronation Kennels & Cattery**

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

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

**PHONE: 02 6568-2018**

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

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

*We provide the following services:*

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

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

#### **Long Term Budget -**

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

Not available during school holidays



#### **Short-term Accommodation**

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

11/11

### **BOWRAVILLE GIFT SHOP**



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

*Monday to Friday: 9am - 5pm*

*PH: 02 6564-7169*

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## 'Right to repair' movement growing in Australia as Apple and others design products with shorter lifespans

In 2021 almost everything we use is smart. From phones to fridges, coffee machines to tractors.

It has made life more efficient and convenient but when those products break it's another story.

Not only is a quick, cheap fix hard to come by but intentional designs that shorten the lifespans of these technologies are also putting more of them on the waste pile.



*At 'repair cafes' in Sydney, people can get help to fix anything from electronics to furniture.*

Increasingly manufacturers are dictating who repairs their products and limiting the amount of information they share with third parties including independent repairers.

It was from this that the global 'right to repair' movement was born.

Griffith University intellectual property law professor Leanne Wiseman said the same frustrations with broken technology had seen the movement gain ground in Australia.

"I think it's a really big problem for consumers," Professor Wiseman said.

"We own these goods, in terms of physical rights of ownership shouldn't we be able to actually have a look at how that good works and choose a repairer down the road as opposed to the manufacturer?"

Consumers should be able to choose their own repairers for the technology they own.

Australia is playing catch up on repairer rights.

The Productivity Commission is currently considering whether copyright law should be changed to enable third-party repairers to copy and share manuals and access hidden data.

It is also assessing whether laws to prohibit manufacturers from voiding warranties if customers use unauthorised repairers are necessary.

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## WHAT'S HAPPENING IN BOWRA

### Narrative Walks

How does it work?

We will walk from Little Bay Picnic Area to The Ledge and back, a total of 10 kilometres, passing through a mixture of beautiful coastal bush, rainforest and deserted beaches. The walk includes sections of walking in contemplation, giving awareness to a series of questions, followed by periods of rest and reflection. We will explore our problems, skills, knowledge and values used to challenge problems, preferred storylines and actions to strengthen preferences for life. We will emerge from the bush and celebrate with a tea ceremony.

Who is it for?

Anyone

- aged 15+ with mild to moderate mental health concerns
- ready to explore a problem that is affecting their life e.g. stress, strong emotions, anxiety, relationship issues, grief
- with a medium level of fitness|
- OK with a small amount of disclosure within a safe group setting

What are the benefits?

Participants will be able to separate themselves from their problem, thereby developing a sense of control over their life. Facilitators in collaboration with nature will guide participants in mindfulness practice, identify supports, enhance emotional and body awareness, develop positive self-talk, all whilst getting exercise and feeling a sense of achievement! Participants will leave with a different perspective of their problem story, based on a preferred story of their lives developed

*Continued on Page 19*

## BOWRA HOTEL

OPEN 10AM - MIDNIGHT

### BISTRO

WOOD-FIRED PIZZA Wed - Sun

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

DINNER 5.30pm - 8pm Tues - Sun

All menus available for takeaway

Regular Live Music

Holy Goat Coffee

11/11

Enjoy the country charm of the streetscape as you Wine & Dine on the Verandah

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 bowrahotel@bigpond.com



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

What we have to offer . . .

**TAB - KENO - BINGO**

**RAFFLES - Wednesdays & Friday**

**MEMBERS' DRAW min \$1000**

**KITCHEN Wednesday to Saturday**

 Lunch 12-2pm - Dinner 6-8pm

**HAPPY HOUR - All Schooners \$5.00  
from 5pm to 7pm daily**

**FREE POOL Everyday**

11/11

## CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

With over 40 years of combined knowledge of the local Real Estate market Craig and Narelle can help with any questions about selling or renting your property.

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being @atrealty Real Estate.

Craig is the only agent who lives in the town of Bowraville and has extensive knowledge of the area.

See what our clients think of @atrealty go to [ratemyagent.com.au](http://ratemyagent.com.au)

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

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# How to Befriend a Magpie

Ravens and magpies are known to form powerful allegiances among themselves. In fact Australia is thought to be a hotspot for cooperative behaviour in birds worldwide. They like to stick together with family and mates, in the good Australian way.



Of course, many bird species readily come to a feeding table and become tame enough to take food from our hand but this isn't really "friendship". However, there is evidence that free-living magpies can forge lasting relationships with people even without depending on us for food or shelter.

When magpies are permanently ensconced on human property they are far less likely to swoop the people who live there. Over 80% of all successfully breeding magpies live near human houses which means the vast majority of people never get swooped. And since magpies can live between 25 and 30 years and are territorial they can develop lifelong friendships with humans.

A key reason why friendships with magpies are possible is that we now know that magpies are able to recognise and remember individual human faces for many years. They learn which nearby humans do not constitute a risk. They will remember who was good to them and equally, they remember negative encounters.

## Why become friends?

Magpies that actively form friendships with people make this investment (from their point of view) for good reason. Properties suitable for magpies are hard to come by and the competition is fierce. Most magpies will not secure a territory, let alone breed, until they are at least five years old. In fact only about 14% of adult magpies ever succeed in breeding. Based on extensive magpie population research even if they breed successfully every single year, they may successfully raise only seven to eleven chicks to adulthood and breeding in a lifetime.

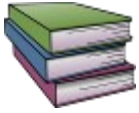
The difference between simply not swooping someone and a real friendship manifests in several ways. When magpies have formed an attachment they will often show their trust, for example, by formally introducing their offspring. They may allow their chicks to play near people, not fly away when a resident human is approaching and actually approach or roost near a human.

In rare cases, they may even join in human activity. For example, on one extraordinary occasion an adult female magpie gingerly entered my house on foot and hopped over to my desk where I was sitting. She watched me type on the keyboard and even looked at the screen. I had to get up to take a phone call and when I returned the magpie had taken up a position at my keyboard pecked the keys gently and then looked at the "results" on screen. The bird was curious about everything I did. She also wanted to play with me and found my shoelaces particularly attractive, pulling them and then running away a little only to return for another go.

Importantly, it was the bird - not hand-raised but a free-living adult female - that had begun to take the initiative and had chosen to socially interact.

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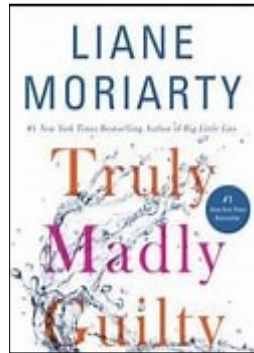


# BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

## Truly madly guilty

by Liane Moriarty

Do you ever remember one of those times when you have been to an event with friends and afterwards one person has thought it was really enjoyable, another has thought it was boring, another has thought it was depressing, etc? You get the gist – you know, everyone has had a different opinion yet you all experienced the same event.



Well this novel is a bit like that.

'*truly madly guilty*' involves 3 main couples, all typical responsible adults with families, and central to the story is the main relationship between Clementine and Erika. They have been friends since childhood.

All the characters are different and each brings something interesting and unique to the novel. They all have secrets and desires. Each couples' relationship has its quirks which is very realistic. They all attend a bbq at one of the couple's home where an incident occurs that impacts everyone immediately and lingers afterward in each relationship like an unwanted intrusion.

Liane Moriarty has done a wonderful job of showing how one fairly common incident can bring out behaviours we normally contain; she shows how guilt can become a burden; what it does to people as individuals and how it can impact a relationship.

I enjoyed the interesting characters and how this story is woven together.

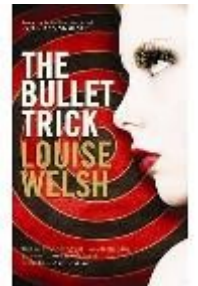
It's got twists and turns so worth a read in my opinion.

*Read and reviewed by Volunteer Raewyn*

## The Bullet Trick

by Louise Welsh

Meet William Wilson, a foundering so-called mentalist, conjurer and despite frequently being the opening act for strippers, a master performer.



When his agent books him for a string of cabaret gigs in Berlin he's hoping his luck's on the turn. Among the showgirls and grifters of Berlin's scandalous underground Wilson can forget his lonely heart, his muddled head and, more important, his past.

But secrets have a habit of catching up with William and as he gets in over his head.

*- www.goodreads.com*

### BOOK NOOK NOTICE

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

Thank you.

*Now at the BTC*

### A DVD Library

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

# Antibiotic Awareness Month

Antibiotics are medicines used to prevent and treat bacterial infections. Antibiotic resistance occurs when bacteria change in response to the use of these medicines. Bacteria, not humans or animals, become antibiotic-resistant. These bacteria may infect humans and animals, and the infections they cause are harder to treat than those caused by non-resistant bacteria.

Antibiotic resistance leads to higher medical costs, prolonged hospital stays and increased mortality.

The world urgently needs to change the way it prescribes and uses antibiotics. Even if new medicines are developed, without behaviour change, antibiotic resistance will remain a major threat. Behaviour changes must also include actions to reduce the spread of infections through vaccination, hand washing, practicing safer sex and good food hygiene.

## Scope of the problem

Antibiotic resistance is rising to dangerously high levels in all parts of the world. New resistance mechanisms are emerging and spreading globally threatening our ability to treat common infectious diseases. A growing list of infections such as pneumonia, tuberculosis, blood poisoning, gonorrhoea and foodborne diseases are becoming harder and often impossible to treat as antibiotics become less effective.



Without urgent action we are heading for a post-antibiotic era in which common infections and minor injuries can once again kill.

## Impact

When infections can no longer be treated by first-line antibiotics more expensive medicines must be used and longer duration of illness and treatment often in hospitals increases health care costs as well as the economic burden on families and societies.

Antibiotic resistance is putting the achievements of modern medicine at risk. Organ transplants, chemotherapy and surgeries such as caesarean sections become more dangerous without effective antibiotics to prevent and treat infections.

## Key facts

- **Antibiotic resistance is one of the biggest threats to global health, food security and development today.**
- **Antibiotic resistance can affect anyone, of any age, in any country.**
- **Antibiotic resistance occurs naturally but misuse of antibiotics in humans and animals is accelerating the process.**
- **A growing number of infections – such as pneumonia, tuberculosis, gonorrhoea and salmonellosis – are becoming harder to treat as the antibiotics used to treat them become less effective.**

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**BOWRAVILLE PHARMACY**

**31 HIGH STREET, BOWRAVILLE**

**PHONE: 6564 7925 or FAX: 6564 7364**

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



# Need to take Antibiotics?

No matter how healthy we keep ourselves sometimes taking an antibiotic is unavoidable – whether it's an unexpected case of tonsillitis, a tooth infection or pre/post-surgery.

The truth is that antibiotics are powerful and life-saving medicines however what many don't know is that they can disrupt the balance of our good gut bacteria and consequently impact other areas of our overall health.



## Antibiotic Restoration

The good news is that when you do need to take a course of antibiotics there are steps you can take to help support your body and minimise any undesirable health effects including taking probiotics with antibiotics.

You can keep your gut in balance during a course of antibiotics with the **INNER HEALTH** range of probiotics that may assist in antibiotic restoration.

**BOWRAVILLE PHARMACY**

**31 HIGH STREET, BOWRAVILLE**

**PHONE: 6564 7925 or FAX: 6564 7364**

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





# *What's the difference . . .*

## between a Sociopath and a Psychopath

The terms "psychopath" and "sociopath" are often used interchangeably—and may be misused to describe someone with anger issues.



Psychopath and sociopath are not diagnosable conditions. People who are sociopathic or psychopathic exhibit symptoms of antisocial personality disorder (ASPD), a recognised personality disorder in the "Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition" (DSM-5).

The DSM-5 is the handbook used by clinicians and psychiatrists to assess and diagnose mental health disorders. In it ASPD is characterised by a pattern of disregard for consequences and for the rights of others.

Symptoms of ASPD often begin during childhood although the condition is often not diagnosed until later in life.

This article covers the differences between the mental disorders of psychopathy and sociopathy.

### The Differences Between Sociopaths and Psychopaths

While psychopaths are classified as people with little or no conscience (a sense of right or wrong) sociopaths do have some ability to feel remorse. Both sociopaths and psychopaths have a persistent pattern of disregard for the safety and rights of others. Deceit and manipulation are central features of both types of personality disorder.



#### A Sociopath

- Lacks empathy
- Has volatile behavioural patterns and is prone to rage
- Uses intelligence, charm or charisma to manipulate others
- Displays impulsive behavior
- Cannot maintain a consistent work and family life

#### A Psychopath

- Pretends to care
- Is cold and calculating
- Fails to recognise other people's distress
- Has shallow relationships
- Rarely feels guilt regarding behaviour

Sociopaths understand that what they are doing is technically wrong but they have rationalised their behaviour in their own minds.

Research has found that psychopaths understand the difference between right and wrong but do not care about the consequences of their morally inappropriate behaviour.

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# Bowraville Lions Club Inc

# News Bulletin

NOVEMBER 2021



*The Lions Club of Bowraville have various fundraising projects during the year including pub raffles and BBQs Proceeds from these projects goes to local schools, sports clubs, families in need plus a range of Lions Clubs national projects.*

## Australian Lions Childhood Cancer Research Foundation

Funds donated by local Lions clubs and the public to ALCCRF go to the best childhood cancer research conducted right across Australia which specifically targets improved survival rates.



## Australian Lions Children's Mobility Foundation

The Australian Lions Children's Mobility Foundation works with State Cerebral Palsy Associations and Local Clubs to assist children who are affected by Cerebral Palsy with mobility devices to allow children to stand and walk to the best of their ability.



## Camp Getaway

Camp Getaway is a project of Lions District 201N1. The aim of Camp Getaway is to provide a holiday for children aged 11 to 13 who would not normally have access to such an experience.



## Hearing Dogs

Lions Hearing Dogs is a project of the Lions Australia providing dogs for the deaf and hearing impaired at no cost to the recipient.



## Lions NSW/ACT Save & Health

Lions NSW-ACT Sight & Health is the business name of Lions Clubs NSW-ACT Save Sight and Health Care Limited which acts as Trustee for both Lions NSW-ACT Save Sight Foundation Charitable Trust and Lions Clubs NSW-ACT Public Health Care Foundation.



## Nurses Scholarships

The mission of the Lions NSW/ACT Nurses Scholarship Foundation is to provide the opportunity for nurses in NSW & ACT to continue their professional development.



## Youth Exchange

The Lions International Youth Exchange Program was established to give youth an opportunity to travel to exciting international destinations for up to 6 weeks. The Lions Youth Exchange Program caters for both inbound and outbound youth exchanges.



## Youth of the Year

Offers an unequalled opportunity for young people to experience an interview situation – in a friendly atmosphere – and a chance to practice public speaking skills.





## Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation

ABN:19746606729

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

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

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



## CHSP & NRCF (In the Nambucca Valley)

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

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

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

## Early Linker Program, Mid North Coast (Kempsey to Red Rock, Coffs Harbour)

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

Build confidence to achieve your goals

Develop your existing support networks and create new networks

Look at ways you can participate and be a part of your community.





# Colour and the effect it has on us

## *Colour and mood*

The notion that colour affects your mood is embedded in our language. We use terms like “feeling blue”, “seeing red”, “green with envy” or “viewing things through rose-coloured glasses”. The meaning you attribute to colour is also culturally influenced. For example, yellow can represent courage in Japan, mourning in Burma, wisdom in Buddhism and royalty in China. In the book *Your True Colors*, Catherine Shovlin outlines findings from experiments looking at the effects of colours on you emotionally and these are outlined below.



Red increases your heart rate and physical reactions to prepare you for flight or fight; it's the colour your eyes first see. This all makes sense from an evolutionary perspective when you think of blood or fire as signs of danger. We also associate red with anger and sex and it has the effect of increasing the testosterone of the wearer. It can make a team more likely to win a game of sport and one study showed that when the same women wore red and blue they were perceived as more attractive in red. Red can also help solve problems when urgent fixes are needed.

While red may help with solving problems quickly, blue assists with other aspects of mental activity such as brainstorming and creativity, where one has to carefully think through an entire process to the end. It makes sense that you need a calming colour like blue for this kind of thinking.

Green appears to be a colour we are hardwired to respond to positively, inducing calm, acceptance and wellbeing. From an evolutionary standpoint, this makes sense given areas of green suggest the presence of water, plants and animals to eat.

Other studies have also found that green has a calming effect during exercise and reduces anxiety over phobias. Working in a blue-green office produces a more positive mood than working in a red-and-white office. Plants in hospitals and even those visible outside a window have been shown to improve recovery. This may be because green promotes relaxation, which improves immunity. One study found when patients were able to see trees through their window after surgery instead of a wall they stayed in hospital for approximately one day less and used weaker painkillers.

Finally, orange is found to have an energising effect suggested to stimulate appetite while yellow increases endocrine activity heightening emotional reactions.

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

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11/11

## Pest Repelling Plants

Every garden is sometimes afflicted with pests – grasshoppers, cabbage white butterfly caterpillars, scale and aphids being very common. Having certain plants in your garden can help repel insects or confuse them with their strong scent. If they are planted near susceptible plants they will contribute to keeping insects at bay.

Here are some suggestions, mostly taken from the book *Pest-Repellent Plants*, by Penny Woodward (published by Hyland House). You can find loads more wonderful information at Penny's website at [www.pennywoodward.com.au](http://www.pennywoodward.com.au).

### Basil

The general insect repellent properties of basil make it an excellent plant to grow throughout the vegetable garden. Basil especially protects cabbages, beans and tomatoes. It even protects cucurbits from downy mildew. Grow basil in pots near doorways to deter flies.

### Garlic

Garlic has the ability to repel airborne and soilborne pests. It deters beetles, spider mites and fruit flies. The smell of garlic and other alliums confuses carrot fly and white cabbage butterfly. When planted amongst raspberry canes garlic will protect them from a variety of grubs.

### Land cress *Barbarea vulgaris*

This plant is also known as Bittercress, Herb Barbara, Rocketcress, Yellow Rocketcress, Winter Rocket and Wound Rocket. It should not be confused with *Barbarea verna*, a different species but which has similar properties. It is very attractive to cabbage white butterflies which lay their eggs on it. The larvae which hatch out and feed on the leaves, which have a high saponin content,

*Continued on Page 18*

## DATES IN NOVEMBER

### Remembrance Day

(November 11<sup>th</sup>) -

Remembrance Day

has been observed

since the end of the

First World War to

remember armed

forces members who have died in the

line of duty. Following a tradition

inaugurated by King George V in 1919,

the day is also marked by war

remembrances in many non-

Commonwealth countries. In most

countries, Remembrance Day is

observed on 11 November to recall the

end of First World War hostilities.

Hostilities formally ended "at the 11th

hour of the 11th day of the 11th month"

of 1918, in accordance with the

armistice signed by representatives of

Germany and the Entente between

5:12 and 5:20 that morning. The First

World War officially ended with the

signing of the Treaty of Versailles on 28

June 1919.

**International Men's Day** (November

19<sup>th</sup>) is celebrated annually to

recognise and celebrate the cultural,



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9/11

## National Stress Awareness Day November 3

*A day for reinforcing the fact that you're not doing yourself any favours by stressing about situations you can't control.*

*On this day, let's hone our ability to choose one thought over another and let the stress ebb away.*

Continued on Page 19

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From Page 16

# 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](mailto:bowravillefolkmuseum@gmail.com)  
[twitter.com/bowravillefolk](https://twitter.com/bowravillefolk)

~ Groups by appointment ~

9/11



## MOVEMBER®

**Movember** is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

The goal of **Movember** is to "*change the face of men's health.*"

The **Movember** Foundation runs the **Movember** charity event, housed at **Movember.com**.

die. So, when planted in your garden maybe even amongst your cabbages and kale, it will minimise attack on these vegetables by these nasty caterpillars.

### Lavender

Strongly scented lavenders will protect nearby plants from insects such as whitefly and lavender planted under and near fruit trees can deter codling moth. A hedge around onions will protect them from onion maggot and lavenders planted near native plants repel borer larvae producing moths.

### Marigolds

Planted randomly through a garden marigold smell tends to confuse flying insects! Grow them amongst crops such as tomato to repel whitefly and soil nematodes, with carrots to deter carrot fly and with brassicas to mask their smell. Between rows of beans marigolds will deter spider mites and a range of beetles.

### Marjoram and Oregano

These two will deter pumpkin beetles when planted near cucurbits. They also confuse white cabbage butterflies when planted near brassicas. A hedge grown around an onion patch will deter onion maggot.

### Rosemary

Its scent masks the smell of other plants such as brassicas and deters carrot fly. A hedge of rosemary around a vegetable garden acts as a general pest repellent for insects such as whitefly. Add sprigs of rosemary to clothes cupboards to repel moths and silverfish.

### Sage

Sage attracts bees but repels many pest insects and protects onions from onion maggot. Sage also repels ants so grow it in pots near doorways and lay sprigs of sage on shelves and entry points. It is also supposed to keep mice away.

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

## WHAT'S HAPPENING IN BOWRA

### *Narrative Walks* From Page 17

through their own reflections, and supported by others in the group. There are also multiple health and wellbeing benefits of simply being in nature. Participants will have the option to continue with individual counselling sessions, after the walk.

#### What does it cost?

\$150 - Full fee. Rebates are available with Mental Health Treatment Plan and referral from your GP.

We do not turn away those wishing to access 'Narrative Walks' due to financial hardship. Please talk to us about your situation to explore your options.

More information at

[www.metaphoricallyspeaking.com.au/narrative-walks](http://www.metaphoricallyspeaking.com.au/narrative-walks)

To register and discuss referral options please contact Lucy Van Sambeek on 0417 927 657.



### **LIONS CLUB OF BOWRAVILLE INC.**

*SUPPORTING OUR COMMUNITY*

President:  
**Greg Lamberth**

Secretary:  
**Mark Scott**



11/11

Email:  
[bowraville@lionsdistrict201N1.org.au](mailto:bowraville@lionsdistrict201N1.org.au)  
**PO Box 23 Bowraville NSW 2449**



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# Know Your Herbs & SPICES

*Following is a list of spices every home cook should have in their kitchens along with descriptions of their flavours, aromas and how they're typically used.*

## Spices

### Onion Powder

Powered onion makes it easy to incorporate the flavour of onions where you wouldn't necessarily want to use a real onion. Use it in rubs, dressings, marinades and more.

### Garlic Powder

Garlic powder is useful for all the same reasons as onion powder and many homemade spice blends use both!

### Curry Powder

This popular spice blend is typically made up of turmeric, coriander, cumin, fenugreek and other seasonings often found in Indian cuisine. Its earthy flavour adds complexity and richness to savoury dishes.

### Mustard

Ground mustard adds a tangy kick to sauces without adding too much heat.

### Cumin

Cumin is often used in Mexican recipes adding a warm and smoky quality to stewed beans and meats. It can easily dominate other flavours so use sparingly.

## Baking Spices

### Cinnamon

Cinnamon is sweet, warm and woody and is a staple in many baking recipes. It's versatile enough to work well in savoury applications too.

### Cloves

Cloves have an assertive aroma that's both peppery and camphorous, fruity and hot. A little bit goes a long way!

### Nutmeg

Nutmeg has a warm, sweet aroma and adds depth and complexity to baked goods and creamy concoctions of all sorts. Pairs well with other baking spices as well as cardamom, ginger and mace.

### Ginger

Ginger is an essential flavour profile in many Asian cuisines lending its peppery and pungent taste. Complements dried fruits, nuts and other baking spices.

*See next month for Hot Spices and Tips on learning to use Spices*





# How to wear and use a mask properly during COVID-19?

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



### The proper procedure for wearing a face mask during COVID-19?

- ♦ wash or sanitise your hands before putting your mask on or taking it off
- ♦ make sure your mask covers your nose and mouth and fits snugly under your chin, over the bridge of your nose and against the sides of your face
- ♦ do not touch the front of your mask while wearing or removing it
- ♦ **do not allow the mask to hang around your neck or under your nose**
- ♦ do not reuse single use masks
- ♦ wash and dry reusable masks after use and store in a clean dry place.

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

# How to Befriend a Magpie *continued from page 8*

## Risky business

If magpies can be so good with humans how can one explain their swooping at people? It's worth bearing in mind that swooping magpies (invariably males on guard duty) do not act in aggression or anger but as nest defenders. The strategy they choose is based on risk assessment.



A risk is posed by someone who is unknown and was not present at the time of nest building which unfortunately is often the case in public places and parks. That person is then classified as a territorial intruder and thus a potential risk to its brood. At this point the male guarding the brooding female is obliged to perform a warning swoop.

If warnings are ignored the adult male may try to conduct a near contact swoop aimed at the head. Magpie swooping is generally a defensive action taken when someone unknown approaches who the magpie believes intends harm. It is not an arbitrary attack.

Offering a piece of mince or taking a wide berth around the magpies nest may eventually convince the nervous magpie that he does not need to deter this individual anymore because she or he poses little or no risk and may even become a friend in future.

A sure way of escalating conflict is to fence them with an umbrella or any other device or to run away at high speed. This human approach may well confirm for the magpie that the person concerned is dangerous and needs to be fought with every available strategy.

In dealing with magpies, as in global politics, de-escalating a perceived conflict is usually the best strategy.

Gisela Kaplan, Professor of Animal Behaviour, University of New England

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

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

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

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9/11

**Blokes' Breaky**  
**1st Saturday of the month**  
at St James - ring Tony to  
book on 0456 257 757

**St Jimmy's Kitchen**  
**3rd Wednesday of Month**  
at 5.30pm.

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

9/11

# The Cereal Box Hack you never knew you needed

The best part about this cereal box hack is that it doesn't require any tools or gadgets. You don't even need a fancy storage container to protect your favourite breakfast cereals - simply follow the steps below!

## Step 1 – Tuck three flaps

Start by pushing the liner bag down into the box a little bit, then tuck two short side flaps and one of the long side flaps into the cereal box. One of the long side flaps should remain outside of the box.

## Step 2 – Crease the short sides

Next, pinch the top corners of one of the short sides of the box together to create a crease. The crease should point in toward the centre of the box, not out. Make another crease on the other short side of the box.

## Step 3 – Tuck in the last flap

Finally, tuck the remaining long side flap into the box to secure it. And *voila*, your cereal box is securely closed and its contents are properly protected!



Not only is this cereal box hack effective but it also looks sleek and organised on your pantry shelves. No need for any bulky clips and no need to transfer your cereal to a different container.

- [jill@byjillie.com](mailto:jill@byjillie.com)

## 4 SIMPLE STEPS to making your *Bush Fire Survival Plan*

Preparing for a bush fire is easier than you think.

It's your responsibility to prepare yourself, your home and your family.

Follow these 4 simple steps to get ready for a bush fire:



**1. DISCUSS**  
what to do if a bush fire threatens your home.



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



**3. KNOW**  
the bush fire alert levels.



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



## Right to Repair movement *Continued from Page 6*

But while the right to repair movement is gaining momentum here Australia is lagging behind much of the world.

The United Kingdom has introduced right to repair rules that legally require companies to make spare parts available and United States President Joe Biden recently signed an executive order directing the Federal Trade Commission to draft new regulations that would give consumers more rights to repair products independently.

Why do people want the right to repair?

No matter the country price is one of the biggest factors for advocates of the movement. A lack of competition in the repair market means customers can't hunt around for a good deal.

Consumer advocacy group CHOICE's campaigns director, Erin Turner, said competition was necessary to bring prices down.

"That's what makes it cheaper for people to get quick, easy and cheap repairs," Ms Turner said. "We've seen this in the phone market where companies like Apple have deliberately stopped customers from going to repair companies outside of the Apple network."

There is also growing pressure on manufacturers to build products that are made to last or at the very least easy to repair.

"In our parents' generation they'd get a fridge and it would last for 30 or 40 years," Professor Wiseman said.

"We've got fridges now that if a simple part breaks often the manufacturer will replace that fridge rather than repair it because the products aren't being designed in a way that allow for parts to be replaced or repaired."

"That is contributing to this huge and growing problem of e-waste."

CHOICE has been pushing for a durability and repairability rating system to be introduced. Like the water and energy efficiency star labels now seen on common household appliances it would give consumers an idea of how long the appliance was expected to last and how easy it would be to get replacement parts if needed.

"We're now seeing manufacturers compete on water and energy efficiency but we don't see that when it comes to aspects of durability," Ms Turner said.

"We consistently find that there are products on the market that cost a great deal and don't deliver on quality."

Companies like Amazon, Apple and Google have expressed concern that opening their intellectual property to independent repairers could expose it to exploitation and could also impact the security and safety of their devices.

A spokesman for Assistant Minister for Waste Reduction Trevor Evans said, "The central question is less whether the concept of right to repair for consumers is supported but rather, how repair rights may best be implemented in practice".

# What's the difference . . . ?

## between a Sociopath and a Psychopath

*Continued from page 12*



### Causes

It's not known why some people develop antisocial personality disorder but both genetics and traumatic childhood experiences such as child abuse or neglect may play a role.

### Sociopathy

It's thought that nature plays more of a role in the creation of a psychopath than a sociopath. This is supported in part by a 2014 review of studies in which as many as one third of people diagnosed with sociopathy essentially "give up" their antisocial behaviour in later life and develop well-adjusted relationships.

### Psychopathy

Psychopathy is believed to have genetic components. A well-regarded study suggests that psychopaths often have a history of an unstable family life and/or were raised in disadvantaged neighbourhoods prone to violence. Many grew up with parents who were substance abusers who failed to provide parental guidance or attention.

Brain studies have also found that structures relevant for empathy are dysfunctional in people with psychopathic traits.

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



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or email [nils@lifetimeconnect.org.au](mailto:nils@lifetimeconnect.org.au)**



# Celebrating Resilience in our Community through Art...

Nambucca Valley Phoenix is proud to host a new art exhibition, **Resilience: Advancing Despite Adversity**. The exhibition marks the 2 year anniversary of the bushfire event that rocked our region and the one year anniversary of Nambucca Valley Phoenix reopening. Since then, we have all suffered under the impacts of COVID-19, flooding and many other obstacles.

Resilience is a celebration of overcoming these challenges, and how as individuals and collectively we have advanced together. 10 local artists have portrayed their experiences in a beautiful exhibition curated by Paul Miller.

The exhibition opens Saturday 20th November and is on show Wed-Fri 10am-2pm

Opening event is Saturday 20th November 10am including Welcome to Country, guest speakers and artists talks.

## RESILIENCE: Advancing Despite Adversity Exhibition

Celebrating individual and collective resilience in our region



### Opening Saturday 20th November

10 AM to 2 PM

Brentyn Lugnan --- Denise Delaney --- Sarah Wade --- Villi Berkhof-Ober  
Julie Nash --- Pam Levy --- Sally Hook --- Georgia Baker --- Nick Warfield  
Paul Miller

Open Wed-Fri 10am to 2pm

### Phoenix Gallery & Cafe

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info@nvp.org.au

02 6501 0021





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

**70 High Street, Bowraville  
~ In the heart of Bowraville ~**

**Every Saturday** - Saturday Café - 9am to 1pm

**Every Saturday** - Sewing Circle - 10am to 2pm

**Every Saturday** - Painting of the front of the building - 2pm to 4pm

**2nd Saturday of the month** - Bowra Country Markets - 9am to 1pm

**Seeking** donations of saleable bric-a-brac and books for our fundraising table

**Seeking** donations for our BOOK FAIR in January (used books and raffle items)

**Seeking** a volunteer Markets Manager, volunteer Hall Manager, volunteer Grants writer and volunteer Secretary and, last, but not least seeking contact with all NFPs / community organisations in Bowraville for discussion regarding how your group can work and share with BCDAI for the benefit of the whole community.

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



**Did you know that...**

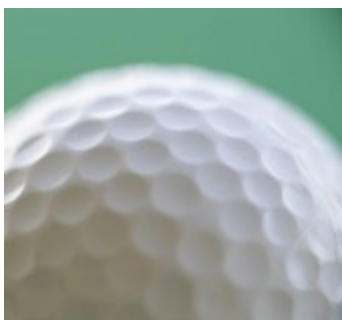
**STRESSED**

is

**DESSERTS**

**spelled backwards?**

**Time for more desserts!**



*Did you know . . .*

Why golf balls have dimples all over their surface? At some point in history golfers noticed that compared to new balls the old ones with more bumps travelled further. The bumps and nicks created turbulence and reduced drag so they redesigned golf balls with the dimples in them. Thus, the modern golf ball was born.



# Cebu Chew

(sa-boo-choo)

LOVE IN EVERY BITE

During lockdown with the increasing requirements of checking in, sanitising, social distancing, mask wearing, QR codes and double vaccinations has taken its toll on all of us and seen many business's badly affected throughout the country. Bowraville too has suffered not that we had that many business's to start with and until we're all fully vaccinated sitting down to eat is not an option open to us.



So Angela decided to do something about it, if she couldn't do the local markets she decided to open her takeaway food van to generate some income.

Now Bowraville has its very own pop up food van located in George Street.

With the ongoing closure of many local markets and events local resident Angela and her son John saw a business opportunity to open their food van which was sitting idle and park it outside for residents and tourists to purchase her tasty takeaways.

What a win for Bowraville! Cebu Chew (pronounced sa-boo-choo) opens 4 days a week for breakfast and lunch from 8am to 1pm, serving a mix of Mexican and Asian dishes, desserts, coffee and teas.



They also open for dinner 2 nights a week from 5pm to 7pm on Wednesday evening for Mexican fare and again on Saturday evening for a variety of Asian dishes all for a very reasonable price.

I've heard Angela's Satay meal is a must try so why not drop in and pick up a meal. Remember . . . it's highly recommended that you pre-order dinner by ringing Angela on 0411 373 006 by 3pm on the same day to make sure you don't miss out - it also helps with the preparation.



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# OzHarvest “Use It Up” campaign begins in your refrigerator



OzHarvest founder and chief executive officer Ronni Kahn said Australia's national target to halve food waste by 2030 is looming fast and change is urgently needed.

"We cannot watch what's happening to our planet and wait for others to fix it - tackling household food waste is where we can get results fast," she said.

"Not everyone can afford an electric car or solar panels but reducing the amount of food we waste is something we are all able to do. People are blown away when they learn the number one thing they can do, to take climate action, starts right now in their kitchen."

"Use It Up! may sound simple but eating what you have in your fridge is the most impactful way you can save food, save money and save the planet," says Kahn.

Look at what food you have before you go shopping, write a list and plan your meals. Buy only what you need, remembering to take your list, and avoid making snap-decision purchases that may ultimately be wasted.

Store food correctly to make it last longer. Buy some good airtight containers to store leftovers. Cook what needs using first. Be creative and google a recipe if you're not sure what to cook. Love your leftovers and don't forget to eat them.

Few people are aware of the connection between food waste and climate change. It's a huge cause of global greenhouse gases - around 10 per cent which is more than emissions from producing plastic, extracting oil and flying.

Tackling climate change can feel like a daunting task and some people may even feel powerless to help. But when they learn that reducing food waste is the number one thing they can do to take climate action, and they can start today in their kitchen, they feel empowered to do something.

*Continued on Page 33*

# Bowraville Central School News

It's the time of year to say good-bye to our senior students but as they leave we begin transitioning our new Kindergarten cohort for 2022.

The new 'Kindies' had the first of 7 weekly transition mornings at BCS on October 13th. Covid restrictions don't allow parents on site at this stage however staff from Bowraville Community Preschool attend these sessions with the children.

Students spent the morning in the Kindergarten room with teacher Mrs Hazelwood doing all sorts of wonderful 'big school' activities and finding out what school is all about.

If you have, or know of, a child who is commencing school in 2022 they are welcome to attend the remainder of the transition sessions.

Prospective student needs to have completed an enrolment form available at the school office.





# BOWRA COMMUNITY CAFÉ

Pioneer Community Hall, High Street

**Open Every Saturday from 9am til 1pm**

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



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



*A different menu each week and generous prices.*

## WIRES NEEDS YOU

The Nambucca Valley is a beautiful region and we are privileged to be surrounded by unique native wildlife. Sadly, sometimes they need YOUR help, when they are sick, injured or orphaned.

You can now help rescue wildlife casually, when available around your existing work and family activities. WIRES MNC needs more active volunteers to help with the growing need to support our local wildlife.



- Are you keen to actively help rescue sick, injured and orphaned wildlife?
- Do you want to help sick or injured wildlife get to a vet for assessment and treatment as soon as possible?

If you answer yes, then our wildlife needs YOU NOW!

WIRES Rescue 101 program, costs \$25 and includes access to online training covering the requirements to rescue a range of species including birds, possums, lizards, frogs and turtles. Participants will receive a WIRES Hi-Vis safety vest on completion of the full course. You will be part of a small team of dedicated local volunteers who are welcoming and supportive, rescue equipment can be supplied. Participants must be 18 and over to register for WIRES training and have their own transport in order to attend rescues. For more information - [www.wires.org.au/training/rescue-101](http://www.wires.org.au/training/rescue-101)

If you have more time to dedicate then consider the Rescue and Immediate Care Course, followed by advanced species courses as you like. For more information - [www.wires.org.au/training/rescue-and-care](http://www.wires.org.au/training/rescue-and-care)

If you do find and injured or orphaned native animal Call WIRES Wildlife Rescue 1300 094 737



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## Bowraville Chamber of Commerce Update

100 years ago the Bowraville Progress Association morphed into the Bowraville Chamber of Commerce and has worked with and for the community and with the Nambucca Shire/Valley Council ever since, towards the betterment of the town for all - handling matters as diverse as electricity introduction, guttering and road paving and stray stallions!

Most recently it's involvement has been with maintenance of heritage features, establishment of a primitive camping area, a possible mountain bike trail development near town and of course McKay Park and the toilet there as well as ongoing town concerns.

All interested members of the area are invited to join the Bowraville Chamber of Commerce and become involved in creating a positive future for our town. With this in mind the Chamber has maintained the business joining fee at \$40pa but reduced that for not-for-profit groups and individuals to just \$20pa.

The recent AGM saw Craig Bellamy from @Realty as President, Richard Barron from the BowravilleTechnology Centre as both Vice-President and Treasurer and Pippa Tabone from Phoenix as Secretary.

Meetings are the first Tuesday of the month at 5pm at the Bowraville Ex-Services Club. These meetings are open to all and now feature a 'Soapbox' at the beginning of each meeting so you can get up and have your say or tell us about your business or project.

Email us at [bchamber769@gmail.com](mailto:bchamber769@gmail.com)

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## OzHarvest “Use It Up” campaign

*Continued from Page 26*

“Use It Up” is a simple idea where a colourful tape is stuck on the food which should be used next. The paper tape is recyclable and reusable. The program also includes tips and recipes for reducing food waste.

The “Use It Up” tape is available on our website but we also encourage people to create their own “Use It Up” shelf or make their own version of the tape.

Ms Kahn says OzHarvest has been busier than ever during the pandemic.

"The impact of the pandemic has meant so many new people are facing food insecurity for the first time in their lives which is heartbreaking," she says.

"We've introduced new emergency food relief services including mobile markets, cooked meals and we're now packing and distributing more than 10,000 hampers a week to the most affected LGAs in Sydney.

"Our education team have adapted programs to run online as many of our volunteers could not do their usual shifts due to lockdown restrictions. Luckily we've received a huge amount of support from so many people and partners - helping us to continue to 'Nourish our Country!'."

For more information on the “Use It Up” campaign head to [ozharvest.org/use-it-up](https://ozharvest.org/use-it-up)

# Antibiotic Awareness *Continued from page 10*

- Antibiotic resistance leads to longer hospital stays, higher medical costs and increased mortality.

## Prevention and control

Antibiotic resistance is accelerated by the misuse and overuse of antibiotics as well as poor infection prevention and control. Steps can be taken at all levels of society to reduce the impact and limit the spread of resistance.

## Individuals

To prevent and control the spread of antibiotic resistance individuals can:

- Only use antibiotics when prescribed by a certified health professional.
- Never demand antibiotics if your health worker says you don't need them.
- Always follow your health worker's advice when using antibiotics.
- Never share or use leftover antibiotics.
- Prevent infections by regularly washing hands, preparing food hygienically, avoiding close contact with sick people, practising safer sex and keeping vaccinations up to date.
- Prepare food hygienically, following the WHO Five Keys to Safer Food (keep clean, separate raw and cooked, cook thoroughly, keep food at safe temperatures, use safe water and raw materials) and choose foods that have been produced without the use of antibiotics for growth promotion or disease prevention in healthy animals.

- [www.who.int](http://www.who.int)

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*Do you suspect a virus?*

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

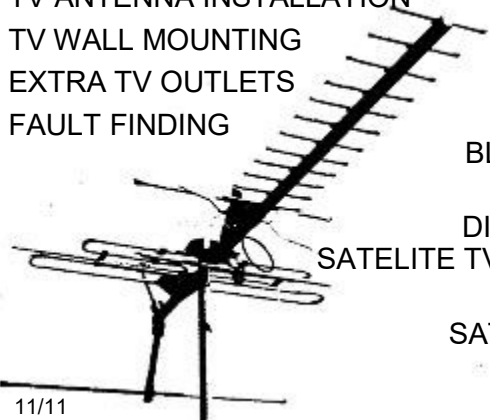
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# Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2021

Studio 3 Live on the 3rd Friday of each month



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	<b>Music for a Monday Morning</b> EmmaG 	<b>Drive Thru</b> With Jackie Edmunds 	<b>Aussie Grown Across the Nation</b> Aussie Christmas greetings to charts.	<b>Tones of Clairessence</b> Claire Wall-Powell 	<b>The Big Breakfast</b> With Jackie Edmunds 	<b>Here Be Dragons</b> Nuke or Elizabeth No-fear fire and ice music 	<b>Paint Ya Wagons Red</b> Sean & Tim 	6 AM	
7 AM	<b>Classic Hits &amp; Jukebox</b> Paul Rowe Great Rock 'n' Roll 1950s-2010s 	<b>Mix of 60s, 70s to current music</b> 	<b>Gold at Breakfast</b> Deyna Gold Wake up with Dayns. It's gold. 	<b>2NVR Music Mix</b> 	<b>Talk Of The Town</b> Ceri Wröbel See what's going down! All things local 	<b>Hair Of The Dog</b> Mick Birles Originals, covers, wildlife, wine and wisdom 	<b>Sunday Morning Music</b> With Phil 	7 AM	
8 AM	<b>Baby Boomers</b> Donna Collins 	<b>2NVR Music Mix</b> 	<b>Isn't It Romantic</b> With Dallas Dent Crooners 	<b>Turning Pages</b> Elizabeth Newman 	<b>Dano's Mixed Grill</b> Daniel Gosson Where anything can happen and probably will! 	<b>Flashback</b> With Rob Davidson 	<b>Phase Out With Faye</b> Faye Appold 	8 AM	
9 AM	<b>The Weekly Fix</b> Paul Webley 	<b>Infopinion</b> Richard Laxton, Eddie Orrego & Ron Hawkins 	<b>Lunch with Gazza</b> With Gary Biden Easy Listening To Rock & Pop 	<b>A Mix Up with Stevo</b> Selected great music 	<b>Dhirendra</b> Sounds from all over the place 	<b>Garage Noise</b> With Sean Ambrose Alternative Music 	<b>Lots of Aussie music old and new</b> 	9 AM	
10 AM	<b>Dyer's Loop</b> Paul Dyer Must to dye for, of course 	<b>Rock On</b> With Jimmy & the Bluebirds 	<b>Just For You</b> Carolea J. Simmonds Followed by <b>Karla's Deutsche Musik Stunde</b> 2NVR Multicultural Radio 	<b>Dano's Archive</b> Daniel Gosson's 2NVR sound archives 	<b>Wind Down for the Weekend</b> Su & The Crew 	<b>Saturday Roundup</b> With Rachel Burns 	<b>Praise, Prayer &amp; Pop</b> With Michelle 	10 AM	
11 AM	<b>Hinterland</b> With Ben Walters 	<b>Sister Act</b> Olivia & Sam 	<b>MC Grim</b> Mark Seagrims Music with a wicked difference 	<b>Thursday Country</b> Trickin' 	<b>Turn Up The Volume</b> With Macca 	<b>Two For The Money</b> Paul and Rachel Burns 	<b>Michelle's Music Mix</b> A different theme weekly 	11 AM	
Noon	<b>Bowra Beats</b> With Grace 2NVR Youth Radio 	<b>Retro Birds</b> Robyn Wien & Sally Swan Not out of the box radio entertainment 	<b>Wednesday Spotlight</b> With Macca A bright musical feast 	<b>Nambucca Valley Roundup</b> Retro 	<b>Aussie Music Weekly</b> With Noddy 	<b>That's A Wrap</b> Danna, Nigel, Mitch, Gary & Les Local sports results and in-depth analysis 	<b>Prog Rock Playlist</b> Rhino The best of Progressive Rock 	Noon	
1 PM	<b>Reggae Mixtape</b> With Fitzroy Music outside the usual <b>2NVR Medication Radio</b> 	<b>Blues Soul Funk</b> Matt Lebrandt & friends 	<b>The AMRAP Music Show</b> Anthony Gansley Solid Rock 	<b>Highway Blues</b> With Retro When Only The BEST BLUES Will Do 	<b>Tiki Lounge Remix</b> Seth Jordan (2008) Creative world music and sonic exotics 	<b>Wolffy</b> Wolffy's music & requests 	<b>Imagine This</b> Radio drama 	1 PM	
2 PM	<b>Music Makers</b> With Yen Mixed music with featured artists 	<b>Blues, soul, funk and lively interviews.</b> 	<b>Ant's Rock</b> Anthony Gansley Solid Rock 	<b>Jeff's Junk</b> Jeff Mills 	<b>The Panic Room</b> With the Voice of Panic Ear-crisen music! 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	<b>2NVR Overnight Music Mix</b> 	2 PM
3 PM	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	3 PM	
4 PM	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	4 PM	
5 PM	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	5 PM	
6 PM	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	6 PM	
7 PM	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	7 PM	
8 PM	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	8 PM	
9 PM	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	9 PM	
10 PM	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	10 PM	
11 PM	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	11 PM	
Midnight	<b>Overnight Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>Ant's Rock</b> Overnight 	<b>2NVR Music Mix</b> 	<b>Overnight Music Mix</b> 	<b>2NVR</b> 	<b>2NVR Overnight Music Mix</b> 	Midnight	

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