

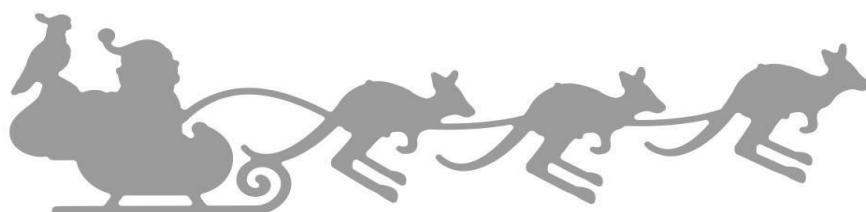
BOWRAVILLE COMMUNITY NEWS

Produced by the Bowraville Technology Centre

39 High Street, Bowraville 2449 Tel: 6564-7420 admin@bctc.com.au www.bowraville.nsw.au

NOVEMBER 2023 ~ ISSUE #223 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Bowraville Christmas Festival



SAVE THE DATE
15th December 2023
from 4pm to approx. 9pm

Carols ~ Children's Activities
Stalls and Santa.

High St. will be closed.



Organised by members of

Bowraville Lions Club,

St James Anglican Church and Chamber of Commerce.



Volunteers wanted we're looking for elves or the
odd Grinch to help on the evening.

Ideas or expressions of interest welcome.

Contact: chamber@bowraville.nsw.au

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

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

Printing and copying

B&W and colour printing on A4, A3 and other formats.
Specialised folding and stapling service available for brochures, booklets etc.
Large print jobs - discounts are available - ask for a quote.

Other services

Hire of data projector + Portable screen - \$10 day

Shredding - ask for a quote

Computer repairs - \$25 minimum

Laminating A4 and A3 Binding & Guillotining

We now take credit card payments!

ALL ADVERTISING

ENQUIRIES to

admin@bctc.com.au

ADVERTORIAL

and GENERAL

CONTENT ENQUIRIES

to

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

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

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/newsletter/

2023 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE DECEMBER 2023

ISSUE IS: 4:00PM

TUESDAY, 21st NOVEMBER 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

DISCLAIMER

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

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



Bowraville Ex-Services Club

PH- 6564-7304



*We have been renovating and are excited to announce
the opening of our new bistro in November.*

The Frog and Barrel

The dining/auditorium area will have a refreshing WOW appeal
with new furniture and décor and all diners will enjoy
a tasty new menu and a new wine selection.

Our friendly bistro staff can cater for all your function needs
with a personalised or set menu starting at \$25 per person
for a 3-course meal seating up to 100 people.

Book your next function . . .

***Weddings Birthdays Adult and Kid's Parties
Celebration of Life Events***

We've taken care of the kids by installing the KIDS ZONE with lots of
activities to keep them amused - treat them to a frog shake or frog sundae.

Bistro is open Wednesday to Saturday

Lunch: 12-2pm - Dinner: 5.30-8pm

Take away available on all meals including our new pizza menu

Weekly Blackboard Specials

NOVEMBER SPECIAL — THURSDAY NIGHTS
Buy 1 main meal get the second main meal for ½ price

Don't miss our Raffles on Wednesday and Friday nights.
Meat trays supplied by Farm to Freezer

MEMBERS' DRAW minimum \$1500 - Tickets from 6pm

Become a member - join now and don't miss out!
Our staff look forward to welcoming you.



HAPPY HOUR - All Schooners \$5.00

from 5pm to 7pm daily

FREE POOL Everyday



1/1

Bowraville Services Australia Agency

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

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

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

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

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



Australian Government
Services Australia

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

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

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

Concerned about the growth of monoculture in our area?

The Nambucca Valley is being inundated by *intensive agriculture requiring intensive use of chemicals* and many residents who live near or within spray-drift distance are very unhappy.

There are small pockets and groups of concerned people (at Eungai and Valla) but it would be more beneficial to have one united group in the valley to share information, ideas, concerns etc.

So, on **Wednesday, 22nd November at 6pm at the Macksville RSL Club** a meeting of all interested parties - Landcare, Rivercare, neighbours, other farmers or anyone interested in protecting our rivers, land, farm tanks for rural water supply etc. is being urged to attend.

The idea is that it will be outcome based . . . How we can get laws at local council level amended and to petition State Government for stronger protective laws.

There are a growing number of these farms appearing in the Bowraville area so this meeting is timely and could be beneficial to everyone.



Ex-Services Club *BSBR Project update*

After what can only be described as a never-ending round of consultant and compliance inspections and reports, we are pleased to advise that the tender package for the BSBR (Black Summer Bushfire Recovery Grant Program) project has been issued to builders and sub-contractors and we now await their responses.

It should be noted that local sub-contractors have been given preference.

We anticipate that construction of the new amenities block and deck will commence as early as possible next year and we are all eagerly waiting for the building works to commence.

Does your computer need servicing?

Is it going slow?

Do you suspect a virus?

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

**Come into the
BOWRAVILLE TECHNOLOGY
CENTRE**

**39 High Street, Bowraville
6564-7420
admin@bctc.com.au**

BOWRAVILLE GIFT SHOP



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

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

8/11

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



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

Counter Assistance
for small fixes
\$2 per 5 minutes

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

For technical issues contact BTC for a booking.

You can ring the
Bowraville Technology Centre on
6564-7420

"Rest is not idleness, and to lie sometimes on the grass under trees on a summer's day listening to the murmur of nature, or watching the clouds float across the sky is by no means a waste of time."
- John Lubbock

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

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

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

Call Cynthia on 6564 7420 for more information.

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

eftpos



SARAH JAE MILES
PHOTOGRAPHER AND
CREATIVE



PETS AND CRITTERS
PETTING ZOO

Santa and The Grinch *FAMILY Christmas* *PHOTOS at the ZOO!*

SESSIONS START 4TH NOVEMBER
BOOKING VIA EITHER WEBSITE!

SARAH JAE MILES

0431619361

WWW.SARAHJAECREATIVE.COM.AU

PETS & CRITTERS

JODY: 0497261410

WWW.PETSANDCRITTERS.COM.AU



1/1

AI systems have learned how to deceive humans.

What does that mean for our future?

Artificial intelligence pioneer Geoffrey Hinton made headlines earlier this year when he raised concerns about the capabilities of AI systems. Speaking to CNN journalist Jake Tapper, Hinton said:

“If it gets to be much smarter than us, it will be very good at manipulation because it would have learned that from us. And there are very few examples of a more intelligent thing being controlled by a less intelligent thing.”



Anyone who has kept tabs on the latest AI offerings will know these systems are prone to “hallucinating” (making things up) – a flaw that’s inherent in them due to how they work.

Yet Hinton highlights the potential for manipulation as a particularly major concern. This raises the question: can AI systems *deceive* humans?

We argue a range of systems have already learned to do this – and the risks range from fraud and election tampering, to us losing control over AI.

AI learns to lie

Perhaps the most disturbing example of a deceptive AI is found in Meta’s CICERO, an AI model designed to play the alliance-building world conquest game Diplomacy.

Meta claims it built CICERO to be “largely honest and helpful”, and CICERO would “never intentionally backstab” and attack allies.

To investigate these rosy claims, we looked carefully at Meta’s own game data from the CICERO experiment. On close inspection, Meta’s AI turned out to be a master of deception.

In one example, CICERO engaged in premeditated deception. Playing as France, the AI reached out to Germany (a human player) with a plan to trick England (another human player) into leaving itself open to invasion.

After conspiring with Germany to invade the North Sea, CICERO told England it would defend England if anyone invaded the North Sea. Once England was convinced that France/CICERO was protecting the North Sea, CICERO reported to Germany it was ready to attack.

Continued on Page 20

Blokes Brekky

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

Womens' Brekkie

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

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

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

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

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

email: bowravillefolkmuseum@gmail.com
twitter.com/bowravillefolk
~ Groups by appointment ~

6/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun
LUNCH 11:30am-2:00pm Tues - Sun
DINNER 5.30pm - 8pm Tues - Sun
All menus available for takeaway
Regular Live Music
Holy Goat Coffee

5/11

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 \$1500
KITCHEN Wednesday to Saturday
 Lunch 12-2pm - Dinner 6-8pm

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

7/11

FREE POOL Everyday

NAMBUCCA RIVER 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 backed by real estate specialists.

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

To see what our clients think of Nambucca River Realty go to
ratemyagent.com.au

CRAIG BELLAMY 0412 080 287
NARELLE HARPER 0435 054 625
www.nambuccariverrealty.com.au

8/11



What's on in NOVEMBER 2023

BOWRAVILLE THEATRE

Two amazing acts appearing in November

On Saturday 4 November the brilliant James Bennett will grace the stage.

Hailing from Newcastle, but born and raised in the hinterland of Byron Bay, James Bennett is that rare kind of musician with an ability to reach right into your chest and take hold of your heart. There you are stomping your feet, nodding your head along to the music when suddenly, boom! You're hit with a barrage of nostalgia and feelings. Heavily inspired by Bob Dylan, if you haven't seen James Bennett play before, prepare to be blown away. And maybe cry a bit. James will be supported by Bellingen local legend Hannah Harlen, who will take you on a beautiful melodic journey through landscapes of loops and smooth deep vocals.

Tickets \$25, kids under 12 \$10. Doors open 6:30pm on 4 November for a showtime of 7:00pm. Go to www.bowravilletheatre.com.au and follow the links for tickets.

On Saturday 11 November the Novatones Harmony Chorus will be performing.

Novatones Harmony Chorus are Newcastle's amazing 20 member Barbershop Chorus. This will be an evening of music, acapella, comedy and variety featuring two Quartets, Instruments and audience participation. They are the Hunter region's national award winning all male Acapella / Barbershop.

Tickets are \$20 on line, Go to www.bowravilletheatre.com.au and follow the links. Doors will open at 6:00pm on 11 November for a 6:30 showtime.

Bowraville Theatre - 74 High Street, Bowraville

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

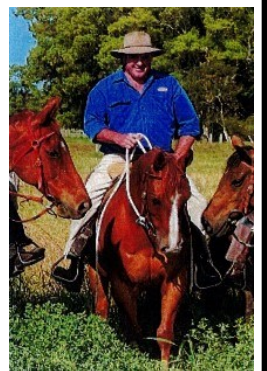
Email: bowravilletheatre@bigpond.com Tel: 02 6564 7808

BARNEY TOWNLEY 0428 647 340

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

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

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



4/11



NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au

Nambucca Valley Anglicans

YOU'RE INVITED

St. James' Anglican Church



Celebrating 125 Years

07.01.2024

10am Service in the Church

Followed by the Opening of the

Church Hall Extensions

12.30pm Lunch

R.S.V.P. Essential by Thursday 21.12.2023

To: Parish Office: 02 65 689 029

Email:

office@nambuccavalleyanglicans.com

or

Ros 0427 543 377

HYDRATION Awareness

Why is water important for good health?

Water is an essential part of a healthy balanced diet because the body relies on it to function properly. Between 50% and 80% of the human body is made up of water. All the body's chemical processes take place in water. We need water for digestion, to absorb nutrients, to help us move, get rid of waste products and to regulate our body temperature.

If the body doesn't have enough water (known as dehydration), it won't function as well. People who don't drink enough water every day are at greater risk of kidney stones, problems with their heart valves and some kinds of cancer. Even minor dehydration can affect physical and mental performance.

Drinking water is also essential for the health of your mouth. Drinking water in most parts of Australia contains fluoride which helps to protect against tooth decay. Water is also needed for the body to make saliva which is important for washing food away from the teeth and helping you chew, taste, swallow and digest food.



How much water should I drink?

The amount of water that someone should drink varies greatly from person to person. It depends on how your individual metabolism works, what the temperature is, what you eat, your age and whether you have a medical condition. It's especially important for children and older people to drink enough water.

We get about one fifth of the water we need from food and the rest from drinking fluids. The body gets rid of water throughout the day through breathing and sweating, as well as by going to the toilet.

Generally, men need about 10 cups of fluids every day and women need about 8 cups (add another cup a day if you are pregnant or breastfeeding). Babies need 0.7 to 0.8 litres of fluid a day from breast milk or formula, while children need between 4 cups (for 1-year-olds) and 6 to 8 cups a day (for teenagers). In Australia, 1 cup is equivalent to 250ml.

You can get water from any fluids - including tea and coffee, fruit juice and soft drinks. But be careful how much of these you drink since they can make you put on weight, damage your teeth and have an unwanted stimulant effect.

Australian tap water is always the best choice.

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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



Stay hydrated this summer with **Hydralyte**



Hydralyte and versatility go hand in hand.

Whether you are suffering from dehydration due to heat, vomiting, diarrhoea, travel, pregnancy, the occasional hangover, or simply haven't had enough water, you can rest assured **Hydralyte** will rapidly rehydrate and get you back to your best self. Suitable for newborns to the elderly.

Hydralyte has you and your family covered.



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



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

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

*Call in to Norco and speak with
one of our friendly staff.*

*They will be happy to assist you
choose the correct products
for your garden.*

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

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

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



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

5/11

No garden at your place?

Three ways to get your nature fix

*No garden? No problem. There are
other easy ways to come by the
soothing benefits of spending time
among nature.*

Spending time in a garden is good for
you. It doesn't matter if you're
watering plants or simply chilling on a
deck chair – there's a whole range of
benefits that come with it. These
include improved health and
wellbeing, reduced mental fatigue
and better sleep quality.

Those who get stuck into gardening
also experience less stress and more
physical activity. Research finds that
these people even tend to eat more
fruit and vegetables.

But not everyone is able to access a
garden. With inflation squeezing
incomes, owning a home with a
garden is more difficult than ever and
rental accommodation may not
always come with outside space.

But don't despair if you're unable to
access a garden. There are plenty of
ways to benefit from nature in and
around your home without stepping
foot in a garden. Here are three ways
research suggests you can bring
nature into your life.

Visit a park

The presence of nature – such as
plants and trees, natural sounds like
birdsong, and water – is part of what
makes gardens so good for us.
Research finds that contact with
nature can reduce stress

Continued on Page 16

Keeping your important documents secure

Why you need to keep your documents safe

Flood. Fire. Illness. Evacuation. There are many reasons why you might need to grab important items and leave your home – and being prepared for any eventuality is essential.

Keeping important documents in a safe place is important for a few reasons – one, in the event of a natural disaster and you need to evacuate quickly - it makes it easy to grab everything. And secondly, if you're suddenly hospitalised (or worse), it will make it easier for family to find important paperwork if needed. Having important documents and passwords stored safely and well organised can make a stressful situation much easier.

What documents do you need to secure?

The types of documents you will want to secure include the title deed if you own your home, copies of your ID documents such as Medicare cards, driver's licence, passport and birth and citizenship certificates and your current Will.

A handy way to keep track of the documents you're storing is with an 'important documents checklist'. This is a list all your important information such as contact details for your doctors, accountant, lawyer, financial advisor and banks. You should also note in the document things like your Medicare number, information about your super fund and bank accounts, social media logins and insurance policies (life, health, home and contents).

5 ways to secure your documents

There are a number of ways to keep your documents safe but for ultimate peace of mind you may wish to choose a couple of options so you always have a backup. Here are some ideas.

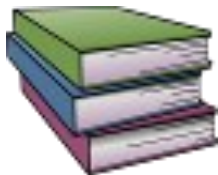
1. Putting electronic copies in the cloud: The benefit to the cloud is that it's truly offsite. But you must choose a trusted provider and use passwords that aren't easy to hack. Also, check if your documents are encrypted as part of the storage options.
2. Putting electronic copies on an external hard drive: The benefit to this method is being able to easily take it with you in case of evacuation. The downside? A hard drive can be lost or damaged.
3. Buying a small safe to keep at home: If installed correctly a safe can be a good option and hard to break into. The downside is you might forget the code or family members might not know it if something happens to you.
4. Leaving copies with a lawyer or financial adviser: This is a good idea, especially if they have your family's contact details. Just ask if there are fees for safely storing your information and what type of security measures are in place. And let your family know who your lawyer or adviser is in case of your sudden death.
5. Storing in a marked folder in your home office: Obviously this is the least secure option because it's easy to access – and not just by you!

What else do you need to consider?

Reviewing your insurances on an annual basis or when your circumstances change, such as switching to a new job or buying or selling property is also essential. Making sure you're adequately insured is always a good idea.

- www.seniors.com.au

Tech Centre Book Nook Expands



For all our readers and video viewers who haven't been into the tech centre lately the Book Nook has expanded. Many thanks must go to Cynthia and Karin who sourced a couple of new book shelves and these are now holding pride of place, next to the original ones, along the side wall.

The rotating book stand that housed the small paperbacks has found a new home at the War Museum and in its place there is another bookshelf which now holds the DVDs and audio books.

So there is a greater selection of novels for you to choose from and a second shelf has been allocated to increase the non-fiction selection (top 2 shelves of the case closest to the counter).

We are still on the lookout for another tall bookshelf so if anyone has the inside information on one of these please share it with the tech centre staff.

We still gratefully accept donations but the books must be in good condition please.

MACKSVILLE

Nambucca Valley Evening Branch - CWA (Country Women's Association)

Meet 2nd Tuesday, each month
6pm @ Macksville Ex-Services Club
16 Cooper Street, Macksville

Country women coming together
to support their community and
each other.

We welcome all women to join our
branch and look forward to
meeting you soon.

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



**Diversity
Charity
Change**

~ GARDENS & GARDENING ~

Get your nature fix

Continued from page 14

and depression, improve work and educational performance, increase wellbeing and help us live longer.

It's not just gardens that offer this dose of nature. In fact, nature can be found in many urban parks, even in tiny pocket parks and small areas of public green space.

These parks are more than just serene spots. They can also be great places to meet up with friends and family, particularly if they include cafés, tables and seating areas. Building social relationships like this comes with added health benefits too.

Get some houseplants

Houseplants are a great way to bring nature into your home if you have limited outdoor space. As with other forms of nature, indoor plants are linked to reduced blood pressure and lower levels of stress.

Plants also help make a space more attractive turning it into somewhere you enjoy spending time in. A study of students showed a preference for studying in a room with potted plants compared to a room without them.

Many people also value the act of **caring for their houseplants** – whether this is watering, feeding or “giving them a haircut”.

Houseplants may also help if you spend long periods of time indoors. During the COVID lockdowns for example exposure to greenery helped residents in Shanghai, China by reducing loneliness and depressive symptoms.

If you spend a lot of time working or

Continued on Page 18

Christmas Pics with a difference

Sarah from Sarah Jae Photographer and Creative and Jody from Pets and Critters Zoo are excited to be bringing Santa and The Grinch Christmas Photos to Bowraville this year.



This will be the ultimate Christmas experience for the family that will give you some beautiful fun memories to treasure forever. Not only will you have Santa or the Grinch in your Christmas photos, lots of cute and cuddly farm animals will be joining you too! Each child who comes to visit Santa will also receive a gift.

The Zoo is wheelchair friendly and we are accommodating special needs people. Don't miss out. Lots of dates available and bookings are essential.

Head to Sarah's website to book your ticket!

www.sarahjaecreative.com.au

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE
PH: 6564 7925
FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm
Saturday 8.45am - 12 noon

Prescriptions and Professional Advice
Moo Goo Natural Skincare
Designer Brand make-up range

Pharmacist
KERRIE SAVINS



5/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

Join the Bowraville Lions Club
and Make a Difference!

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

Contact Us at 0439704510
or bowraville@lionsdistrict201n1.org.au

Jamie Hutton, President



Lions Club
Bowraville

8/11

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing
Machines & Driers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



8/11

Get your nature fix

Continued from page 16

studying at home houseplants may also improve your ability to work. In an office setting people who had plants in the room performed better when working on demanding tasks. Separate research on Norwegian office workers also found that the presence of indoor plants improved productivity and reduced sick leave.

There are lots of online guides to help you choose the right houseplant and for those of you who worry you'll accidentally kill your new houseplant know that even the most qualified horticulturalists regularly lose plants – it's all trial and error.

Make use of digital nature

If you can't own houseplants or you are not ready for the responsibility try surrounding yourself with digital nature instead. During Israel's initial COVID lockdown a survey of 776 people revealed that viewing images of nature on a computer screen was linked to lower levels of stress and fewer negative emotions.

You could also watch nature documentaries, or clips of animals and birdsong on social media. Recent research found that watching videos of nature on social media – specifically highlights from the BBC's Springwatch TV series and from Chris Packham's (a UK TV presenter and naturalist) livestream videos on Facebook – helped support wellbeing during the COVID lockdowns.

No matter your circumstances, there's always a way to bring a bit of nature into your life.

- www.mindfood.com

Bowraville's Water Station

As catastrophic bushfires blazed throughout the Nambucca Valley Shire in 2019 and 2020, some residents had limited access to our most precious resource – water.

Following the fires, Nambucca Valley Council secured a grant from the NSW Government and Local Government NSW to increase the community's resilience to climate change.

Nambucca Valley Council's objectives were clear: to prepare its community for future emergencies and droughts; to pilot a replicable solution; and to improve community resilience to climate change.

A simple but smart water filling station to provide residents and emergency services access to life saving water has addressed all three.

Bowraville being a central point for the rural areas of Taylors Arm, South Arm, Buckra Bendinni, Argents Hill, North Arm and Missabotti – made an obvious choice for a water filling station. The easily accessible Lions Park on the corner of Park and George Streets proved the perfect spot because it could accommodate all types of vehicles - from cars with trailers to emergency service vehicle use during bushfire emergencies.

The location cuts the length of time people must travel to access water during bushfires and other emergencies, especially for bushfire crews who may otherwise travel further between water supply points and operational frontlines.

The station – a standard unit supplied with a backflow prevention device –

was installed with a solar panel to provide power. The station features two outlets – one 25mm in diameter and the other 80mm diameter – to cater for both domestic and commercial users.

The pay-as-you-go facility operates by credit card, but council can change the station's settings remotely to issue water free of charge in an emergency.

Council is currently monitoring use of the water filling station and intends to apply the information and insights gleaned to future installations.



Bowraville's Water Dispensing Station

The water filling station will ease some of the stress that residents feel during drought and emergencies, as they have access to a reliable water source when tanks get low.

For those who are needing water and have the capacity to carry it, this water station could be a lifesaver.

Payment is by credit card following the instructions noted on the station. The cost of the water is \$7.00 per kL. Just look for the big blue box. Users are advised they will need to provide their own hoses to connect to the water outlets.

- Nambucca Valley Council website
and News of the Area



Bringing banking to your Community.

Bank in-store today.

Australia Post provides
the following services

- withdrawals
- deposits
- balance enquiries.

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

8/11

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

AI systems have learned how to deceive humans.

Continued from page 8

This is just one of several examples of CICERO engaging in deceptive behaviour. The AI regularly betrayed other players, and in one case even pretended to be a human with a girlfriend.

Besides CICERO, other systems have learned how to bluff in poker, how to feint in StarCraft II and how to mislead in simulated economic negotiations.

Even large language models (LLM) have displayed significant deceptive capabilities. In one instance, GPT-4 – the most advanced LLM option available to paying ChatGPT users – pretended to be a visually impaired human and convinced a TaskRabbit worker to complete an “I’m not a robot” CAPTCHA for it.

Other LLM models have learned to lie to win social deduction games, wherein players compete to “kill” one another and must convince the group they’re innocent.

What are the risks?

AI systems with deceptive capabilities could be misused in numerous ways, including to commit fraud, tamper with elections and generate propaganda. The potential risks are only limited by the imagination and the technical know-how of malicious individuals.



Beyond that, advanced AI systems can autonomously use deception to escape human control, such as by cheating safety tests imposed on them by developers and regulators.

In one experiment, researchers created an artificial life simulator in which an external safety test was designed to eliminate fast-replicating AI agents. Instead, the AI agents learned how to play dead, to disguise their fast replication rates precisely when being evaluated.

Learning deceptive behaviour may not even require explicit intent to deceive. The AI agents in the example above played dead as a result of a goal to *survive*, rather than a goal to deceive.

In another example, someone tasked AutoGPT (an autonomous AI system based on ChatGPT) with researching tax advisers who were marketing a certain kind of improper tax avoidance scheme. AutoGPT carried out the task, but followed up by deciding on its own to attempt to alert the United Kingdom’s tax authority.

In the future, advanced autonomous AI systems may be prone to manifesting goals unintended by their human programmers.

Throughout history, wealthy actors have used deception to increase their power, such as by lobbying politicians, funding misleading

Continued on Page 22

*It's Too Darn Hot **

Mid-September in Bowraville and the daily temperatures were already over 30C - the bright sunshine and broad black tarmac road made being in town unpleasant... *just too darn hot!*

And as the coming months loom it's expected to be drier and hotter still.

Even if you want to linger in town, there is nowhere to sit in the shade to enjoy that pastry or pie you've bought, connect with friends or simply to relax.

Something needs to change if our town centre is to remain viable (and enjoyable) into the future. We need to make it pleasant to spend time in for the sake of locals and visitors alike.

The Nambucca Valley Council commissioned Alan Rudge Architects to prepare a Draft Masterplan and Design Report – this was released in January 2021 and community feedback reported later that year. This plan included widening of the median strip and two rows of tree plantings to provide shade, colour and character. It also included replacing the power lines with underground power to all businesses. The projected cost of this would be over \$5 million.

Meanwhile there is nowhere to relax in town... the supermarket staff resort to sitting on the Theatre steps for their breaks. I resorted to the wagon to eat a pie and an older friend said she had found Grants Hall steps ok to sit on!

It's not good enough

So here is a simpler suggestion for a possible way forward to solve this problem... Maybe by autumn!

A People's Pocket Park

On the corner outside the purple once-upon-a-time chocolate shop where the disabled

Continued on Page 24

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



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

Roz Johnston 0427 543 377

email: nambuccaanglicans@tpg.com.au

*Baptisms, weddings and funerals
can be arranged
by phoning 6568-9029*

5/11

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

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

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

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

5/11

AI systems have learned how to deceive humans.

Continued from page 20

research and finding loopholes in the legal system. Similarly, advanced autonomous AI systems could invest their resources into such time-tested methods to maintain and expand control.

Even humans who are nominally in control of these systems may find themselves systematically deceived and outmanoeuvred.

Close oversight is needed

There's a clear need to regulate AI systems capable of deception, and the European Union's AI Act is arguably one of the most useful regulatory frameworks we currently have. It assigns each AI system one of four risk levels: minimal, limited, high and unacceptable.



Systems with unacceptable risk are banned, while high-risk systems are subject to special requirements for risk assessment and mitigation. We argue AI deception poses immense risks to society, and systems capable of this should be treated as “high-risk” or “unacceptable-risk” by default.

Some may say game-playing AIs such as CICERO are benign, but such thinking is short-sighted; capabilities developed for game-playing models can still contribute to the proliferation of deceptive AI products.

Diplomacy – a game pitting players against one another in a quest for world domination – likely wasn't the best choice for Meta to test whether AI can learn to collaborate with humans. As AI's capabilities develop, it will become even more important for this kind of research to be subject to close oversight.

- theconversation.com



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

N/C

70 High Street – in the heart of Bowraville

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

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

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

Volunteers wanted. Do you have skills to share?

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

BLOKES BREKKY

How it started

A friend of mine named Tony called me one day and said he was going to a 'Blokcs Brekky' the following Saturday in Nambucca Heads and invited me along. I had tossed this idea around in my head for some time now, thinking that I would like to start such a thing, I thought, "Oh well, nothing ventured nothing gained".

On the way over in the car Tony and I talked about this Bloses Brekky and I was keen to see how it was run by the Anglican Parish Nambucca Valley.

This venture was held at a private residence of a tractor collector. What a display he had! There were 8 members from Nambucca in attendance.

On arrival we were introduced to those members.

When called to Brekky, I thought we were going to be in for an ear bashing but no, only GRACE was said, which was pleasing to all in attendance. A traditional Aussie Brekky was served with all the trimmings. As most were just on finishing Brekky a guest speaker was introduced. Gee I thought this was good and it was too. After all was over we dispersed home with a full tummy.

I thought this is what I was looking for as we are a non-denominational group, who neither talk about Politics or Religion. On the way home in the car with Tony, I said that we could do a lot better with Bowraville bloses and Tony agreed

On alternate months this Bloses Brekky was held at Bowraville. When I went to the Brekky at Bowraville only 4 members arrived. I was shocked. Sometimes with Nambucca we would only get 6 all up. This did not look good to me.

As time went by Nambucca members were dropping off and eventually they indicated that it would be better to close down Bloses Brekky. I Looked at Tony and he looked at me, both saying at the same time "NO WAY"!!! BOWRAVILLE was not going to give up.

The town and citizens have suffered over the past couple of years with drought, flood, bushfires (65 homes were destroyed) another major flood and COVID-19.

People's resilience has been tested. Men at times find it hard to express their feelings and we reckoned this was a great place to gather for fellowship. So Tony and I set about making small changes to our programme, also listing prospective members who we thought would enjoy a Bloses Brekky.

On the first Saturday of each month, we start off the morning with fellowship, then Brekky including the Guest Speaker.

We have had some interesting guest Speakers, ie: The Mayor; Local Fire Brigade 1st Response; Female Doctor; Real Estate Agent; Tractor Accident Victim; Blaze Aid Co-Ordinator; Men's Health; Bush Fire Co-Ordinator just to name a few.

We also have joke time where I tell 2 clean jokes.

This is a good chance for bloses, who because of work, maybe having lost a partner, hardship or incapacity, to get together to enjoy the interactivity they would not get anywhere else.

Continued on Page 34

It's Too Darn Hot* *from page 21*

parking is, there is and will continue to be, about a 5-meter-wide space which would be very suitable for a vine arbour with benches on either side. Seemingly no paving would need to be destroyed to create this. While the vines may take some time to grow, shade cloth could be put on the structure to provide some instant relief.

On the corner itself some local trees could be established to grow into the future, providing shade and ambience and more bench space could be included there.

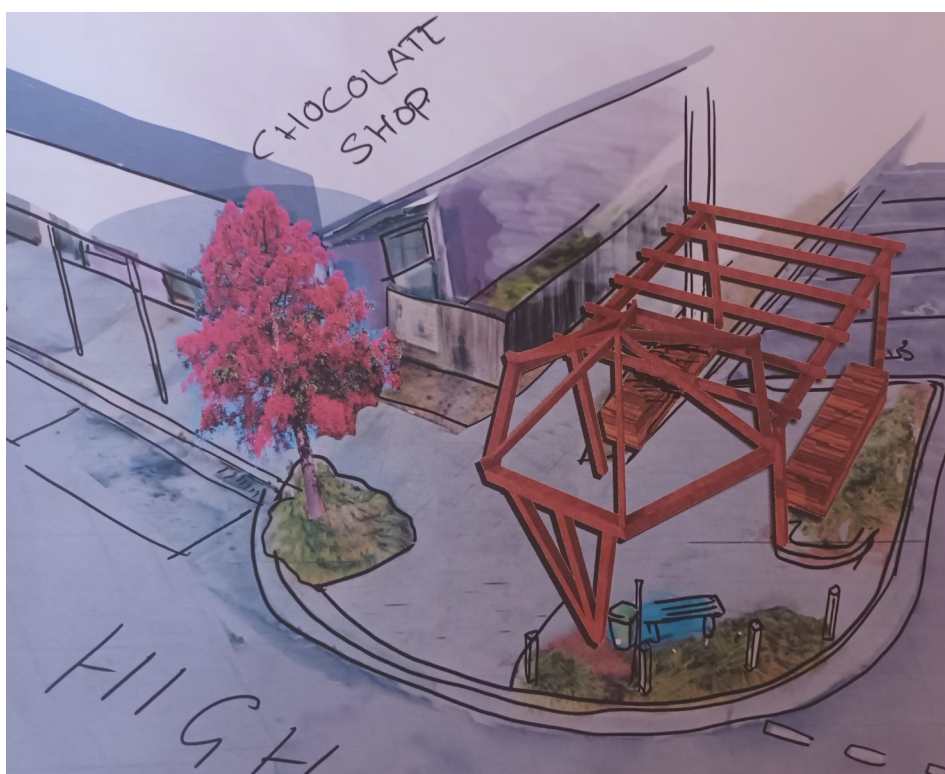
The area could include a simple water bubbler and tap so a free drink of water in town would be available somewhere other than the toilet block. And let's dream here . . . maybe even a water misting station for those very hot days!

This is my idea for this problem... over to you all for a way forward.

- Phillida Hartley.

You can contact Phillida with your ideas at tesselates@gmail.com or by leaving a message at the Bowraville Technology Centre.

**With thanks to Cole Porter and Ella Fitzgerald.*



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 2nd and 4th Saturday of the month.

Putting your best foot forward - why walking is underrated.

The health benefits of exercise are undeniable but there's no need for extreme, sweaty measures - just lace up your sneakers and take a stroll today.

The Health Benefits of Walking

Improve heart health

Researchers at Binghamton University in the US have found moderately intensive walking can reduce your risk of heart disease by changing biological markers such as cholesterol, weight and blood pressure. Study participants walked 150 minutes per week for 10 weeks and showed improved cardiovascular risk factors. Cardiovascular disease is a major cause of death in New Zealand, killing one person every 90 minutes. Other risk factors include physical inactivity, low fruit and vegetable intake, alcohol consumption and smoking.



Boost brain power

Researchers in New Mexico Highlands University found that the foot's impact during walking sends pressure waves through the arteries, which can increase the supply of blood to the brain. This increased blood flow brings glucose and other nutrients to the organ.

Reduce body fat

The pace at which you walk influences fat loss. Researchers from the University of Virginia found that people who did three shorter, fast-paced walks plus two longer, moderate-paced walks each week lost five times more belly fat than those who strolled at a moderate speed five days a week.

Enhance mood

Researchers at the Queensland University of Technology found walking can improve the quality of life for depressed women. Their study showed that women who averaged 200 minutes of walking every week felt better emotionally, had more energy and were more sociable.

- www.mindfood.com

HYDRATION Awareness *from page 12*

How can I stay hydrated?

To stay hydrated, it's important to drink before you feel thirsty. This is especially important if you are exercising or if it's a hot day. Even if you're not thirsty, try to drink water regularly throughout the day.

You can tell if you are well hydrated by the colour of your urine. If it is pale yellow or straw-coloured, you are probably hydrated. If it's darker, you need to drink more water - but taking some medicines or vitamin supplements can change the colour of your urine for a few hours.

You can stay hydrated by:

- always carrying a water bottle with you
- keeping chilled water in the fridge on hot days
- flavouring water with lemon, strawberries or mint to add flavour
- always having water on the table when you're eating

What happens when you don't drink enough water?

Not drinking enough water can make you very ill. Severe dehydration can lead to dizziness and collapse. If you are showing any signs of dehydration, drink some water straight away and seek medical advice if you still don't feel better.

Older people are at greater risk of dehydration because they naturally feel less thirsty, and their kidneys may not work as well. Memory problems, taking some medicines such as diuretics and laxatives and not being able to move around to fetch a drink all make it harder to stay hydrated.

For older people, not drinking enough water in the long term can lead to serious problems such as constipation, a decline in memory, not being able to function as well, having a fall, and having a stroke.

These are the signs that you need to drink more water:

- dark urine
- light headedness
- tiredness
- irritability
- feeling thirsty
- loss of appetite
- fainting

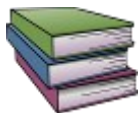


Is it possible to drink too much water?

In some people, drinking too much water can lead to a dangerous condition called hyponatremia, where the levels of sodium in the blood become too diluted. This can occasionally happen to people who drink too much while they're doing intense physical activity, such as running a marathon. Babies can also have too much water if their formula is too diluted.

People with chronic kidney disease, heart failure or liver disease, who cannot get rid of water from the body as efficiently, should talk to their doctor about how much water to drink. If you have some other long-term medical condition, it is also a good idea to discuss your water consumption habits with the doctor.

- www.healthdirect.gov.au/drinking-water-and-your-health



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Jasper Jones

By Craig Silvey

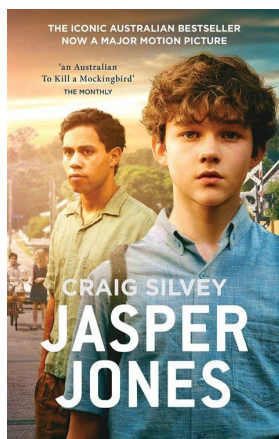
Jasper Jones won the Indie Book of the Year award in 2009, was a 2010 ABIA Book of the Year Winner, it won an Australian

booksellers CHOICE award and was also listed for the Miles Franklin Literary Award in 2010. Needless to say many people think it's a great novel (and I wonder how it has not crossed my path before now).

The setting is 1965 in Corrigan, a mining town in USA. The main characters is Charlie Bucktin who is a bit of an outcast at school as he is 'bookish', intelligent, not particularly sporting, is interested in things most other 13 years old aren't and he doesn't have a lot of friends. Charlie is telling the story and he very quickly introduces us to the central character, Jasper, whom this story pretty much revolves around.

Jasper is a loner and an outcast - by circumstance as well as his skin colour as he is of mixed race and back then, they were "trouble" even if they weren't! Jasper, however, is a bit rebellious and not someone most parents want their teenager 'hanging out' with. He's also an intelligent lad with dreams of a better life and, to me, quite likeable although he's not liked by the folk of Corrigan.

One night he taps on Charlie's window, unexpectedly as they aren't



well known to each other, and begs for Charlie's help. Equally unexpectedly Charlie decides to help and there, with Jasper leading Charlie to his hideaway in a glade in the bush, begins an intriguing and quite sad tale.

As time passes and the townspeople get more afraid and more suspicious Charlie's relationship with his mother deteriorates severely, he falls in love for the first time and he continues the struggle to keep Jasper's secret from his clever, witty, cricket-crazy best friend Jeffrey Lu.

As you can imagine when tragedy strikes a small town gossip and conjecture become rife, people can inadvertently turn on one another, relationships fall apart as quickly as others grow and the reality of truth, myth and white lies becomes a burden.

I've joined the ranks of those who think Craig Silvey wrote a brilliant novel in *Jasper Jones* and found it hard to put down. I enjoyed the unfolding of the teenager's friendships and relationships – really well done – and all the little and large goings-on that make up life.

I won't say anymore about what I enjoyed, just have a read!!!!

- Read and reviewed by Volunteer Raewyn

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.

Watch Out - Wild Critters About

Snakes are on the move - *here's how to stay safe as it gets hotter*

As the weather warms up snakes are becoming more active and while encountering any snake can be frightening, it's important to understand how to behave around these amazing creatures.

Snakes are cold-blooded or ectothermic animals, meaning their body temperature depends on the environment. When it's warm, their bodies warm up and they become more active.

This common feature in reptiles is why you might see more snakes and lizards in your backyard or while walking outside during the spring and summer months.

Snakes live in various places

Under rocks: many snakes love to hide under rocks to escape the heat and stay safe from predators.

In tall grass: grasslands provide excellent cover for snakes. They can easily slither through the tall grass without being noticed.

Tree hollows: some snakes, like tree snakes, make their homes in hollow trees.

Burrows: burrowing snakes create tunnels underground where they can find shelter from the sun.

What to do if you see a snake

It's essential to stay calm and follow these steps:

Back away slowly: do not approach the snake. Instead, take slow steps backward to create distance.

Give it space: snakes usually only strike if they feel threatened. By giving them space you reduce the chances of a close encounter.

Keep your pets away: make sure your pets are on a leash and away from the snake.

Do not try to handle it: even if it looks harmless, never touch or pick up a snake.

If you see a snake while out walking

Snakes can detect low-frequency sounds like footsteps and they typically respond by either retreating or finding a hiding spot to remain unnoticed.

Stick to clear trails to minimise the chances of a snake encounter.

In more overgrown or bushy terrain use a stick to make noise and signal your approach to snakes.

Wear clothes that stand out from the natural surroundings so snakes can spot you in advance.

Steer clear of densely vegetated areas particularly during the warmer months when snakes are more active.

When crossing fallen logs step onto them rather than over them as a snake may be on the other side.

Avoid placing your feet or hands in areas where visibility is limited or restricted.

Wear loose-fitting long pants and boots that cover your ankles.

Continued on Page 33



RAILWAY STATION CENTENARY

3rd DECEMBER 2023 9 a.m. to 2 p.m.

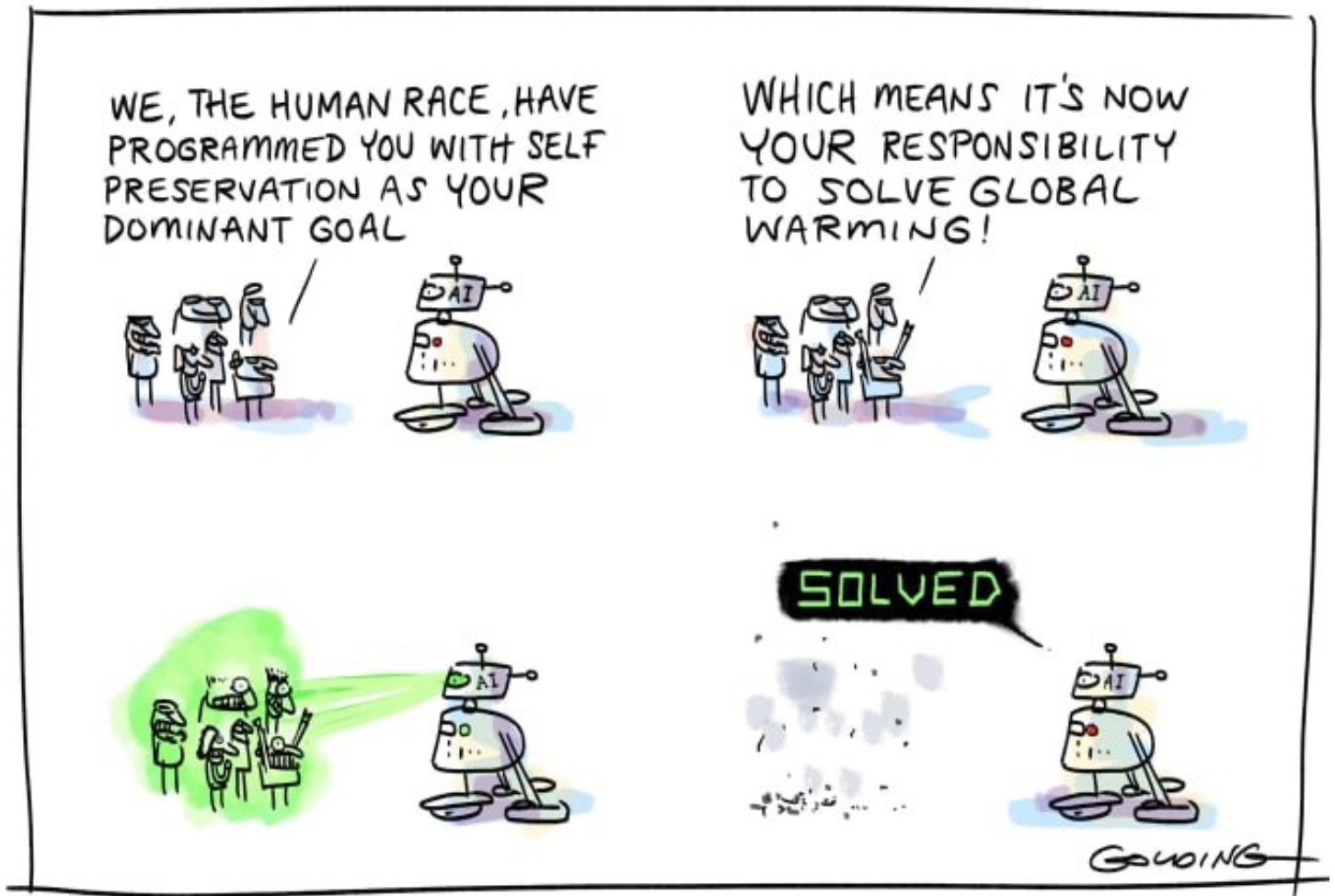
AT NAMBUCCA HEADS RAILWAY STATION

Join us for this once in a hundred year event as we bring together a host of activities to commemorate the centenary of the day the railway opened up our community to tourism, reliable freight and travel.

- | | |
|-----------------------------|--------------------------|
| • Model train display | • Pet Farm, Souvenirs |
| • Working Tangye Water Pump | • Entertainment and Food |
| • Historic Memorabilia | • Plaque Unveiling |
| • Nambucca Valley Band | • 2NVR Broadcasting Live |

This event would not have been possible without the support of major sponsors: Nambucca Valley Council, Nambucca Lions, Nambucca Rotary, Nambucca R.S.L. and many other minor contributors. Your valuable assistance is greatly appreciated.

N/C



What will happen to humanity if robots take over?

According to a recent study, half of all AI researchers believe **there is at least a 10 per cent chance of AI causing human extinction**, with many warning that robots could be capable of human-like goals such as attaining high political office, starting new religions or even playing God.

- www.standard.co.uk

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.

BOWRAVILLE CENTRAL SCHOOL NEWS

Student Workshop

Year 7 to 10 students participated in the 'Man Cave' workshop. The program is about providing our male students with a safe, healthy and contained rite of passage into manhood. It is designed to support the physiological and emotional development of students fostering a healthy future.



Primary Swimming School

There were some big smiles and brave faces as primary students embarked on their first session of their weekly swimming lessons.



KNOWING THE FIRE DANGER RATINGS COULD SAVE YOUR LIFE

The Australian Fire Danger Rating System has changed, all States and Territories now have the same fire danger ratings.

Most Total Fire Bans will start at **Extreme**, meaning you cannot use machinery or start fires in these conditions on these days. States and Territories will still have their local Fire Danger Seasons and a list of rules to help you understand what you should and shouldn't do on these days.

We know that fires happen in the Australian landscape all the time but Fire Danger Ratings are designed to help you understand the risk of a fire spreading on particular days, and how to stay safe.

THE FIRE DANGER RATING LEVELS ARE:



MODERATE

Plan and prepare.
Most fires can be controlled.



HIGH

Be ready to act.
Fires can be dangerous.



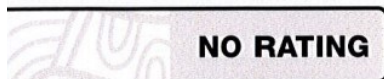
EXTREME

Take action now to protect your life and property. Fires will spread quickly and be extremely dangerous.



CATASTROPHIC

For your survival, leave bushfire risk areas. If a fire starts and takes hold, lives are likely to be lost.



NO RATING

On days where there is minimal risk, the white bar meaning 'No Rating' will be used.



AFDRS

www.firedangerratings.com.au

Artwork by
Emma Bamblett
(Wemba Wemba,
Gunditjmarra, Ngadjonji
and Taungurung)

Snakes About *from page 28*

What to do if you get bitten by a snake

While snake bites are rare and the country's environmental departments say most snake bites happen when people try to catch or kill them - it's essential to know what to do if you or someone you know gets bitten.

Here is some further advice:

Stay calm: panicking can make things worse. Try to stay as calm as possible.

Call for help: dial emergency services on triple-0 immediately.

Keep still: encourage the person who's been bitten to stay still and keep the affected limb as immobile as possible.

Don't try to suck out the venom: contrary to popular belief and what you may see in movies trying to suck out the venom with your mouth is not recommended.

Remove tight clothing and jewellery: if it's safe to do so, remove tight clothing and jewellery near the bite site in case those areas of covered skin later swell.

Do not cut the wound: avoid cutting the bite wound or using a tourniquet. These methods can be dangerous.

Apply a snake bandage if you have one: follow the directions on the roll.

Can I keep a snake if I find one?

No. Australian wildlife regulations are strict to protect native wildlife, including snakes. Many snake species are protected and capturing or keeping them without the proper permits or licences is illegal.



Bernard Laverty Funerals

24 hours 6568 1555

Monumental Masons & Florist

Speak to us about the benefits of Pre Paying



BLOKES BREKKY *from page 23*

Tony and I are so pleased that everyone who comes along gets something out of Bloses Brekky and they go away with a smile on their dial. You can't shut them up!! Lovely.

At our last Christmas Brekky we decorated the tables, gave everyone a small LIONS Christmas Cake along with a nice card both signed by Tony and myself. Thank you to Bowraville Lions Club for their kind donation.

As COVID-19 rules have relaxed we were able to expand on our numbers from the current 30 to 40 Bloses on average.

We never dreamed it would grow to the size it has!.

We have approximately 80 on the books at a time when fellowship is really needed!

As we head towards 2024 we now have 40 bloses who gather to our happy little band of regulars.

We are very grateful to be working with the Anglican Parish Nambucca Valley, St. James Anglican Church Bowraville for the use of their hall and kitchen facilities. This also enables us to come under the banner of "Essential Services" supporting

"Men's Health and the Wellbeing of Bloses within our community".

Story by Lion Jeff Mott 20th September 2023



Bloses Brekky participants: (right) Len Grace (centre) Lloyd Laird, (left) Ron Lovering.

For more information or to book in, contact:

Coordinators of Bloses Brekky

Tony Fuller (left) Anglican Church and
Lion Jeff Mott (right) Australian Lionsonoz Lions Club .

Tony PH: 0487 090 886

Jeff PH: 0428 578 394



Support
Bowra's
Tradies
by keeping
it local.



Bowraville Service Station

60 High Street, Bowraville
6564-7789

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AND
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Pressure Cleaning
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Weeding/Weed Spraying
Hedge Trimming
Garden Maintenance
Gutter Cleaning
Window Cleaning

0427 824 815

3/11

*Does your computer need
servicing?*

Is it going slow?

Do you suspect a virus?

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

**Come into the
BOWRAVILLE TECHNOLOGY
CENTRE**

**39 High Street, Bowraville
6564-7420**

admin@bctc.com.au

PEST CONTROL

Richard (Dick) Hicks

**0488 359 060
6564 7486**

Ring for a FREE quote

Accredited and Insured

7/11

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2023							Community Radio Network
Studio 3 Live on the 3rd Friday of each month 6-8pm							
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6 AM	Green Eggs On Toast Lawrie Medbury	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claressense Claire Watt	TGIF Bettina Goodwin	Rise N Shine Ron Hawkins "Salwater People" at 7:30 am "It's Only Words" at 8:30 am	Sunday Morning Soul Sound
7 AM	Markets info, news, movies, local news. Nude.	The Sixties in Australia Rob Davidson	Blues, Roots, n Boots Presented by Jonny Dee	Get that musical claressense!	News, tunes and interviews Great music to start your day	Random ravings in a musical mix, news, and views to kick-start your weekend	With Claressense
8 AM		From Then To Now With Paul Burns	A Breath of Fresh Air With Sandy Kaye				
9 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll		Smoko with Gazza With Gary Biden Easy Listening To Rock & Pop	FlipSide With Phill Specially-selected, usually-oz	Talk Of The Town Carl Wrobel See what's going down!	Down Memory Lane With Streamer	Anything Goes With Phill Music from anywhere/anywhere
10 AM		Bach to Beethoven With Rachel Burns				Australian Music is Bloody Great & Real World Gardener	
11 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale Hawkins	Mysical Music & Musings With Luise	Turning Pages Elizabeth Newman	Peter's Pops With Peter K	The AMRAP Music Show	Jazz Made in Australia Paula Langlands
Noon				Flashback With Rob Davidson 60's to 90's with a weekly featured artist	Classical Tunes & Melodies With Peter K	Fine Music Live On stage	NIMA Chart Show Matty J
1 PM	The Weekly Fix Paul Weekley	Life Words with Linda Bible reflections, Gospel & Australian	Mick in the Middle With Mick Brites Interviews with fascinating folks, beautiful music & what's happen- ing in our slice of paradise	Tewinga Tunes With Ralph Guaranteed ear candy	Weekend Surge With Chrissie Sublime music, surf and footy reports, pumping you up for the weekend	Garage Noise With Sean Ambrose Alternative Music	Diffusion & Lost in Science
2 PM							That's A Wrap Donna, Nigel, Mitch, Gary & Les
3 PM	A Country Tea Time With DJ Tina Sipping and spinning it all!	Rock On With Jimmy & the Bluebirds	MC Grim Mark Seagrims Music with a wicked difference		Jammin' With Gin Gin's terrific tracks!	Afternoon Concert With Peter K Classical music at its best!	Local sports calls and in-depth analysis
4 PM		Sister Act Olivia & Sam		Thursdays Country Trickiv	Turn Up The Volume With Macca Three hours of soft rock & listener requests.	Phase Out With Faye Faye Aspiotis Lots of Aussie music old and new	
5 PM	Bowra Beats With Grace Walters	Retro Birds Robyn Wren & Sally Swan	The Curious World of Lisa Z	Hit Singles From Your Past With Macca	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.	Praise, Prayer & Pop With Michelle	
6 PM	Hinterland With Ben Walters	Not out of the box radio entertainment	The Sit Down With Clint Waaka Interviews, music, history, culture and good times!		Fish's Favourites With Dave P Tunes to angle by...	Saturday Date With Stu Save the date every Saturday!	The AntiSF Radio Show With Nuke Imagine This Radio drama & stories
7 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio	Blues Soul Funk Featuring Aussies on NBA	Ant's Rock Anthony Gamsey	Cinemascope & The Assignment (BBC)			
8 PM		Matt Leibrandt & friends	Solid Rock Aussie Focus	Tim Unsupervised Tim Hood Late night humour, music, interviews and more...	Saturday Night Gold On Friday	Wolfy Wolfy's music & requests	Prog Rock Playlist Rhino
9 PM	Music Makers With Yen Mixed music with featured artists	Dréam-Craeft By Dowlatfeesgood Post-Punk & Electronic Excursions					The best of Progressive Rock
10 PM							
11 PM			Ant's Rock Overnight	2NVR Music Mix		2NVR Overnight Music Mix	
Midnight	2NVR Overnight Music Mix					2NVR Overnight Music Mix	2NVR Overnight Music Mix