

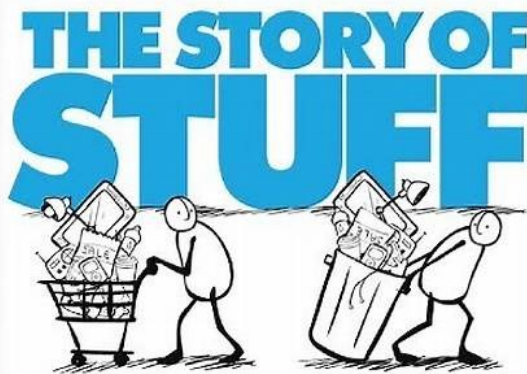
BOWRAVILLE Community News

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

NOVEMBER 2024 ~ ISSUE #234 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

EXPLORING OUR GREEN FUTURE

A group of locals are inviting you to join together to watch the classic short video



Annie Leonard - Founder of the Story of Stuff Project

The Story of Stuff - *about understanding consumerism*
plus others in The Story of Stuff Project
for consideration and discussion on

SUNDAY 10th NOVEMBER
Bowra Community Centre
70 High Street

Doors open 3.30pm for a 4pm start.
Refreshments provided.
Gold coin donation towards the hall.

Also to be shown:

The Lightbulb Conspiracy

How planned obsolescence came about.

This is the first of a monthly series of gatherings for environmental awareness.

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/

2024 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 2024

ISSUE IS: 4:00PM

TUESDAY, 19th NOVEMBER 2024

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

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.

Ash Grunwald with Mark Crotti

Saturday, 2nd November 2024 @ The Bowra Theatre

Ash Grunwald has inspired a generation to hit the road in an old van to 'surf by day jam by night'.

Bowraville Chamber of Commerce

Next meeting will be at 5pm on Tuesday 5th November at the Bowra Hotel.

A Special General Meeting of the **Bowraville Community Development Association** will be held on Saturday 16 November at 3pm. All are welcome to attend.

Landcare Workshop

13th November – Farm Workshop with SCU, LLS and Island Biologicals. More information to come closer to the date!

RSVP to coordinator@nvlandcare.org.au - 0456 372 931

Mia Petra & Band with Special guest Greg Sheehan

Thursday, 28th November 2024

Mia Petra is a song maker and producer whose unwavering genre-fluidity conjures a playful space that is refreshing.

Macksville Branch of the CWA (Country Women Association)

Meet 2nd Thursday of each month 10am until 12noon at the CWA room
31 Princess Street, Macksville

For more information, email macksvillecwasec@gmail.com

Nambucca Valley Evening Branch – CWA Meet 2nd Tuesday, each month - 6pm @ Macksville Ex-Services Club

Country Women coming together to support their community and each other.
Email: secretarynve@gmail.com or send us a message in Facebook.

Keeping the memories alive.

Do you have **old VHS tapes** holding precious memories of weddings, christenings, parties etc?

Bring them into the Bowra Technology Centre and we will **transfer them to digital format.**

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, Wednesdays and Fridays between 10am and 3pm. 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 . . .***

Nambucca Anzacs WW2

*Do you have a family member, or know of a person, who served in WW2?
Did they live in the Nambucca District at any time during their life?*



Your assistance is needed!

Research for the next volume of 'Nambucca Anzacs' has now commenced. This book will tell the stories of the men and women from the Nambucca District who served in WW2.

Who is eligible?

Any person who served in Australian uniform for any period during WW2. This includes all the women's services, the Merchant Navy, the Women's Land Army, the Volunteer Defence Corp, and men and women from other Commonwealth armed forces e.g. UK and NZ etc, who lived in the district. Also, do you have any memories or stories of Italian POWs working on farms in the district during WW2?

If you have something to contribute, or have a question about the project, call Trevor Lynch.

Point of Contact is: Trevor Lynch – 0408 669 449

Email: trevorglynch@gmail.com

FB Group – 'Nambucca Anzacs WW2 Research'

If you are not sure, call Trevor at any time!

2/6

BOWRAVILLE GIFT SHOP



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

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

9/11

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



2/11

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
(Thursday & Friday only)

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

“The greatest threat to our planet is the belief that someone else will save it.”

- Robert Swan

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 Karin on 6564 7420 for more information.

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

eftpos



Bowraville Chamber of Commerce News

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

At the last meeting Jeff Mott updated the group about the future situation of Lions activities in Bowra, especially the sale of Christmas cakes and puddings, as the local group has folded. Macksville Lions will cover such activities and all funds raised will be reserved for Bowraville projects.

Minyala Multi-Media Mob (MMMM) came along to discuss their vision for a media-focused youth-led enterprise in Bowra. The Chamber is a good sounding board for ideas and we welcome ideas for the improvement of our township.

The display showing areas of development of our town centre for improved amenity, to make us fit for the future, are still in the front window of the community centre.

The **AGM** of the Chamber of Commerce will be held at **5pm on Tuesday 3 December** at the **Bowra Hotel**. Everyone is welcome to attend but only current members can vote for the committee positions.

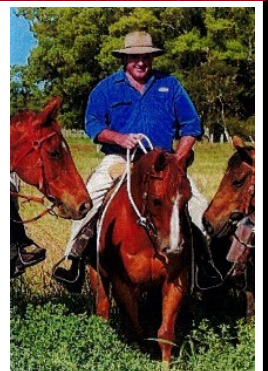
The **next regular meeting will be held at the Bowra Hotel at 5pm on Tuesday 5th November**. Items to be discussed will include short-term camping in town and the ongoing issue of shade and amenity in town.

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.



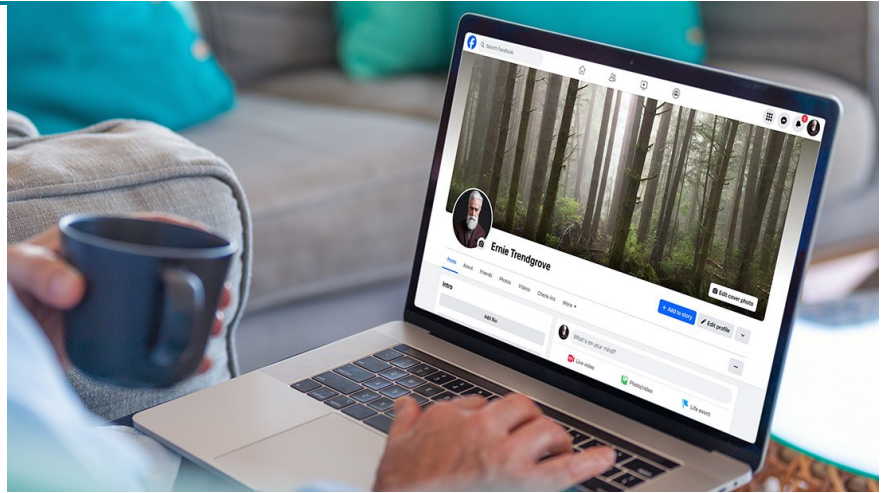
3/11



NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au

How to deactivate or delete Facebook

For many, Facebook is a wonderful way to stay connected with family, friends, and the community. But for some the time might come where you're no longer using Facebook or not enjoying it as much as you once did, and so you may be considering taking a break or even deleting Facebook.



If this sounds like you, we show you how to temporarily deactivate or permanently delete your Facebook account and explore what happens when you do.

The difference between deactivating and deleting Facebook

Deactivating your Facebook account lets you take a break from Facebook and come back to it later. It's a temporary measure giving you the option to reactivate your account whenever you're ready. Deleting your account, however, is permanent.

What happens when you deactivate your Facebook account?

Your Facebook account will be hidden from view, meaning other people won't be able to see your profile, view your timeline, status updates, photos, or even contact you on Facebook. However, some things may still be visible to your Facebook friends such as your name in their friends list.

Facebook saves all your information in case you decide to come back, including things like your photos, posts, and friends list. This means they will still be available if you reactivate your account.

If you use Messenger to stay in touch with Facebook friends, it will still be available for you to use when you deactivate your account. People will still be able to search for you and send you a message.

What happens to your Facebook account when you delete it?

Deleting your Facebook account gets rid of it for good. It means you can no longer access your photos, friends list, comments, games and other data on Facebook. If you would like to save your pictures, Facebook gives you the option to download your data before it permanently deletes your account.

Also, if you use your Facebook account to sign in to other websites or apps, that option will no longer be available to you when you delete your account. If you have an Instagram account, also owned by Meta (Facebook's parent company), you will still be able to access it.

Messenger and all your messages will also be deleted so if you use it to stay in touch with family and friends, you'll need to find another messaging

Continued on Page 28

Blokes Brekkie

1st Saturday of the month
at St James - ring Jeff to
book on 0428 578 394

Cuppa and Chat

3rd Saturday of the month
10am — Free
Everyone welcome

Bowra Country Markets

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

St Jimmy's Kitchen

November only - Thurs 28th
5.30pm at St James Church Hall

St Jimmy's Food Hub

Friday 9-11am, Saturday 9-12noon
Closed Mondays

Must hold a current Centrelink card.

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

9/11

TUESDAY to SATURDAY
11:30am-2:00pm and 5.30 - 8pm

SUNDAY

11:30am-2:00pm & 5.00 - 8pm

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.00 - 8pm

All menus available for takeaway

Regular Live Music - Holy Goat Coffee

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 Thurs 11am

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**

FREE POOL Everyday

9/11

Bowraville Folk Museum

High Street, Bowraville

Phone/Fax: 6564-8200

**MONDAY to FRIDAY
and WEEKENDS 10am-1pm
PUBLIC HOLIDAYS 10am-3pm**

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

~ Groups by appointment ~

4/11

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**

26/11

Epilepsy Awareness



What is epilepsy?

Epilepsy is a condition of the brain where there is a tendency to have recurrent seizures.

What is a seizure?

The brain is made up of millions of nerve cells called neurons. They generate electrical impulses and messages to produce thoughts, feelings and movement. A seizure occurs when the normal pattern of these impulses is disrupted, caused by the neurons rapidly firing all at once. This can cause changes in sensation, awareness and behaviour, or sometimes convulsions, muscle spasms or loss of consciousness, depending on where the seizure starts and spreads in the brain.

Seizures vary greatly and most seizures are over in less than two minutes.

Not all seizures are diagnosed as epilepsy

Can anyone develop epilepsy?

Yes. Epilepsy can affect anyone regardless of age, intelligence, gender, culture or background. It is a common condition of the brain which can affect approximately 3.5% of Australians in their lifetime.

What causes epilepsy?

Anything resulting in damage or scarring to the brain may lead to seizures and epilepsy. There are many causes for seizures and not everyone has a clear reason why they have epilepsy.

At least half of people with epilepsy have no known cause for their seizure disorder

Some known causes of epilepsy include:

- Head injury
- Stroke or brain haemorrhage
- Lack of oxygen to the brain for a prolonged period (e.g. birth trauma, cardiac arrest, drug overdose)
- Brain infections (e.g. meningitis, encephalitis or brain abscess)
- Brain abnormalities at birth
- Brain tumours
- Genetic factors
- Degenerative conditions affecting the brain (e.g. dementia)

Recognising seizures

Three of the most common types of seizures include:

1. Tonic clonic seizures
2. Focal seizures
3. Absence seizures

© Epilepsy Action Australia

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





Why use MooGoo?

All MooGoo Skin Care products are designed to care for the skin and scalp using high quality, natural and edible ingredients.

Free of Paraffin, Parabens and Phenoxyethanol.

Even if you don't have a skin condition MooGoo is a rich, nourishing and hydrating formula with products designed to suit all skin types.

MooGoo Skin Care is proudly 100% Australian made and family owned.



MOOGOO
Natural solutions for skin problems

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



Seizure Types

Tonic clonic seizures are the most recognised seizure type and can be frightening to witness. They usually begin with:

- A sudden loss of consciousness, sometimes the person will cry out
- The head may turn and if standing, the person will fall
- The body becomes stiff (tonic), followed by jerking of the muscles (clonic)
- Breathing may be shallow or briefly suspended which may cause the lips and face to be very pale/grey
- Excess saliva may come of the person's mouth, also blood if they have bitten their tongue or cheek
- There may be loss of bladder or bowel control so the person may wet or soil themselves.
- The seizure usually lasts 2 minutes or less
- After the seizure, the person can be confused, disorientated and possibly agitated. They will most likely have a headache, soreness and need sleep or a rest.

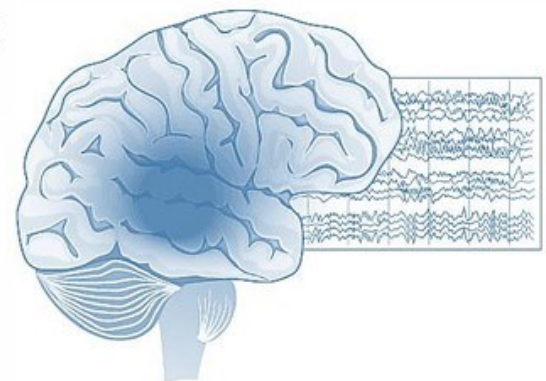
Focal seizures vary greatly, depending on where they start and spread in the brain. They are frequently not recognised as seizures by onlookers. Many of these seizures may have features such as:

- A vacant stare, loss of expression or a vague, confused appearance
- Awareness is affected, and the person may or may not respond to you
- If they do respond, it is often not appropriate
- Sometimes people have unusual and repetitive behaviour such as chewing, fidgeting, walking around or mumbling
- The seizure can last from approximately 30 seconds to 2 minutes
- After the seizure, the person is often confused and may not remember anything that happened just before or during the event

Absence seizures usually start in childhood (but can occur in adults) and are easily missed or misinterpreted as daydreaming or inattentiveness.

- The seizure starts suddenly with the person stopping their activity
- You will see staring, loss of facial expression and they wont respond
- Sometimes eye blinking or upward eye movements are seen, and sometimes minor hand movements
- The seizure can last from 2 to 20 seconds
- The person usually recovers immediately and resumes their previous activity, with no memory of what has happened
- The seizures occur many times a day which may disrupt learning

For more seizure information go to [Seizure Classification Factsheet](#)



© Epilepsy Action Australia

NATIONAL EPILEPSY LINE

Answers for all your epilepsy related questions

1300 37 45 37

Call: 1300 37 45 37

Book Online: [Click here](#) to book a telehealth or phone appointment with an epilepsy nurse

Available Australia-wide



Bowraville Community Centre set to become a charity.



“While it’s been a slow process - becoming a charity so we can offer tax deductions for gifts and donations is an important part of our future sustainability at the Bowraville Community Centre,” says President, Susan Jenvey.

Part of the process to achieve charity status requires the Bowraville Community Development Association, which runs the Bowraville Community Centre to notify the community of a change to their constitution to reflect this different circumstance by holding a Special General Meeting.

The date for the Special General Meeting of the Bowraville Community Development Association will be Saturday 16 November at 3pm. “All are welcome to attend,” says Susan Jenvey.

“We will be taking new memberships at the door if people want to get involved. Being a part of our organisation can open doors to meeting new people within the Bowraville diaspora. It’s a chance to create opportunities for the community, and to possibly to find a better balance within us that comes from connection.

Any new members will be accepted before the Special General Meeting. Our

Continued on Page 29



RURAL HORIZONS FAMILY DAY CARE

Family Day Care is a unique education and care option where qualified educators open their homes to provide a secure play based educational environment for children.

Join us as an educator in our new Family Day Care Service in Greater Nambucca

Do you hold a qualification in Early Childhood Education and Care?

- Establish your own small business with comprehensive support and guidance from the Rural Horizons FDC team
- Provide quality education and care from your own home for four children under the age of five and up to three primary school aged children
- Earn an income while caring for your own children- balance family life while contributing to the community
- Enjoy the flexibility to choose your own schedule - decide how many hours and days you work
- Benefit from ongoing professional development opportunities
- Support parents/guardians rejoining the workforce by expanding childcare options and assisting families in their return to work



 (02) 9779 9908

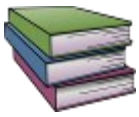
 <http://ruralhorizonsfdc.org.au>

 manager@ruralhorizonsfdc.org.au

Rural Horizons FDC a not-for-profit Family Day Care Service funded by the Australian Government to create more child care in areas with limited supply.



Provider: NSW Family Day Care Association

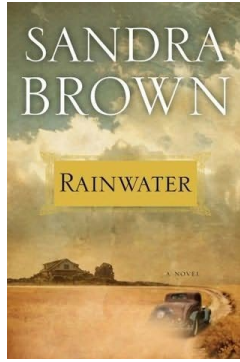


BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Rainwater

by Sandra Brown

Physically this is a well-loved novel and has been around for a while so on first glance you might not want to pick it up but I suggest you do as it is worth reading. Well, I enjoyed it anyway.



Rainwater is set in rural America in the 1930s during the drought and depression. The story is based around Ella Brown who runs a boarding house. She is the mother of a young 10 year old lad who is 'different'. Nowadays you would recognise his condition immediately upon reading so you will have a comprehension of the difficulty this adds to Ella's life as a single mother, managing a boarding house and finances being so tight when people have no work and are starving.

Ella has strict rules for her boarders and herself – her days fit a pattern of cleaning, cooking and keeping a watch over her son.

One day the local doctor brings Mr Rainwater to her place looking for accommodation and because the doctor is a good friend (and she needs the income) she accepts Mr Rainwater despite not being 100% happy about it.

Things change with Mr Rainwater's arrival. He takes a genuine interest in her son, meets people and quickly makes friends in the community.

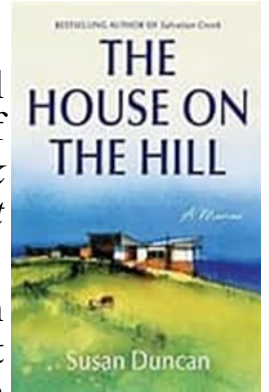
There are unpleasant characters, some painful truths as well as love and loss.

- Read and reviewed by Volunteer Raewyn

The House on the Hill: A Memoir

by Susan Duncan

The third and final memoir from the author of bestsellers *Salvation Creek* as well as *The House at Salvation Creek*.



Susan Duncan reaches an age where there's no point in sweating long-term ramifications. This new understanding delivers an unexpected bonus - the emotional freedom and moral clarity to admit to the hidden facts of ageing and, to find ways to embrace them.

It also unleashes an overwhelming desire to confront her intractable 94-year-old mother with the dreadful secrets of the past before it is too late.

Interwoven with stories of building a sustainable eco-house on the mid-coast of NSW with her engineer husband Bob, and grappling with dogs, cattle markets, droughts and floods, not to mention blunt-speaking locals - this is a book about a mother and daughter coming to terms, however uneasy, with the awful forces that shaped their relationship.

As the inconstancies of age slow her down, Susan Duncan writes with honesty about discovery and forgiveness and what it takes to rework shrinking boundaries into a new and rich life.

- www.amazon.com.au

BOOK NOOK NOTICE

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

RECYCLING GUIDE

REDUCE REUSE RECYCLE REDUCE REUSE RECYCLE REDUCE REUSE RECYCLE REDUCE REUSE RECYCLE REDUCE REUSE RECYCLE

Buy Better

Buy second hand, buy products made from recycled and recyclable materials, or reduce how much you buy. You can find out more at [Planet Ark's Reuse Hub](#).



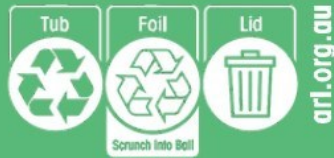
Compost food scraps

Discover how easy a home composting system is or find your local council's composting and FOGO initiatives and services [Planet Ark's Composting Guide](#).



Check it before you Chuck it

Check packaging for the [Australasian Recycling Label](#) and recycle right.



Put it in loose

Keep recyclables out of bags!

Otherwise, they won't be sorted correctly and will end up in landfill.



Leave it out

...of the recycling bin

- Recyclables in plastic bags
- Soft plastics
- Food waste
- Crockery
- Nappies
- Clothes/Fabric
- Polystyrene
- CDs/DVDs/Videos
- Window/drink glass
- Batteries
- Mobile phones

Drop it off

Discover drop-off locations for other recyclable materials, such as mobile phones or printer cartridges, on [Planet Ark's Recycling Near You](#).



Join the Cycle



The HOWs and WHYs

How can I **reduce** the amount of waste I produce?

The first 'R' is all about creating less waste. Here are some of the ways you can do this:

1. Only buy what you need
2. Choose products with less packaging
3. Buy in bulk
4. Look for items that you can re-use

Reducing the amount of waste we all generate is a great way to benefit the environment.

How can I **reuse** what I have?

The second 'R' looks at how you can use certain items again (ideally multiple times) before replacing them. Here are some ideas:

- Refill a water bottle with water from home instead of buying a new one
- Update your computer rather than throwing it out and getting a replacement
- Ditch plastic bags and choose reusable, environmentally friendly bags instead

A bonus of reusing? As well as helping the environment, you could save money too!

How can I **recycle** the products I use?

The third 'R' is about making sure you separate items that can be recycled, meaning they can be used for a new purpose.

Materials that can be recycled include: Glass, Cardboard, Aluminium and Batteries.

Before you throw something away, think about whether all or part of it could be recycled.

For example; did you know the components of your old computer can be recycled to make new components?

Are there anymore 'R's?

Sometimes, two more 'R's can be added to the three basic ones.

- **Rethink** can be added to the start of the list. It means we should think about the way our actions impact the environment.
- **Recover** is sometimes added to the end of the list. It refers to the act of putting waste products to use. For example, decomposing garbage produces methane gas, which can be recovered and burnt to produce energy.

Put simply . . .

Reduce means to minimise the amount of waste we create.

Reuse refers to using items more than once.

Recycle means putting a product to a new use instead of throwing it away.

Rethink is about considering how our actions affect the environment.

Recover refers to the practice of putting waste products to use.

- *sustainability/reduce-reuse-recycle*

Why should we recycle?

Unfortunately, Australians are among the highest waste producers in the world. **Each person on the Coffs Coast generates approximately 1 tonne of rubbish every year!** But, up to 40% of this amount is recyclable.

One of the easiest ways an individual can help reduce this problem is by placing recyclable waste into their yellow bin to be made into new products.

This process is more beneficial for us and the environment when compared to manufacturing new products from raw materials.

~ ~ Recycling in Bowraville ~ ~

Bowra Technology Centre
Laptops, Computers and Mobile Phones

Bowra Post Office:
Printer Cartridges - Mobile Phones

Bowra Pharmacy
Old prescription glasses - Hearing Aids - Stamps
Unwanted medications disposed of responsibly.

Bowra Artisan
Will take selected fashion items and re-sell them.
For more info call in and have a chat.
Open Tuesday am, Wednesday arvo and all day Friday.

Bowra Community Op Shop
33 George Street Bowraville
Tuesday, Wednesday and Thursday 9am-3pm
Clothes, Shoes, Electrical goods, Household items etc.

Nambucca Valley Recycling Centre
711 Old Coast Road Nambucca Heads
Paper, Cardboard, Glass, Metals, Aluminium, e-Waste

Return and Earn

Nambucca Heads - Coronation Park, 24 Short Street,
Glass and Plastic Bottles and Aluminum Cans

Macksville - Walter Munro Place, (behind pool and tennis courts)
Glass and Plastic Bottles and Aluminum Cans

Electronic Waste - e-waste

What is e-waste?

E-waste is anything in your home with a cord or a plug, or their related accessories which are broken or no longer needed.

Computers and laptops	Monitors	Keyboards
Printers	Mice	Hard drives
Cables and chargers	DVDs and CDs	Computer power supplies
Printed circuit boards	Motherboards	Batteries
Ink and toner cartridges		

How to recycle e-waste

Electronic waste, or e-waste, is growing three times faster than other types of waste and the average Australian generates 23kg of it each per year!

With most tech becoming obsolete after 5 years, our consumption of electronic products is at an all-time high. But when we upgrade our phone or buy a new laptop, where do our old electronics go?

Unlike paper and bottles, electronic waste can't be disposed of in your council recycling bin. If you have old electronics that are no longer working, here is what you need to know when disposing of them.

Why should we recycle our e-waste?

e-waste recycling tips

Make sure all data is erased prior to disposing of your items.

Keep all your e-waste together so you don't forget to recycle anything.

Make a date to recycle your e-waste - once or twice a year is recommended.

When purchasing new electronic items make sure you recycle the packaging responsibly.

You can donate or sell old electronic items that are still in good working condition.

Where can I recycle e-waste?

Officeworks' Bring It Back, facility provides customers with the opportunity to recycle computers and laptops, monitors, keyboards, printers, mice, hard drives, mobile phones and accessories, cables, chargers, DVDs and CDs at their local Officeworks store.

The Bring it Back program has also extended to include printer cartridge recycling, battery recycling and pen recycling for households too!

To see if your store has an e-waste recycling program, visit [our store locator page](#)

Together, we can make bigger things happen for the environment! And remember, don't bin it, bring it!



www.officeworks.com.au/campaigns/how-to-recycle-e-waste#

opportunity for shopping second-hand or even upcycling your garments.

Future fashion cannot exist as it does today. We all must change in one way or another. When it comes to fashion, taking care of what we already have is probably the most tangible and easy way to do it.

Hopefully these ideas will inspire us all to see our wardrobe in a new light and build a better future for our clothing and the planet - starting with their own closets.

www.vice.com



Sustainable Style - Op Shopping

As a consumer, one of the most effective actions you can take against the fashion industry, and its waste, is to embrace the humble op shop.

That's because op shopping breaks the cycle of fast fashion – it diverts garments destined for the trash from landfill and takes money out of the pockets of multinational fashion corporations.

The role of op shops in the waste crisis can't be understated. According to population and data experts .id, op shops diverted more than 530,000 tonnes of clothing and other donated items from landfill in Australia in 2015-16.

Salvos eco stylist and fashion hound blogger Faye De Lanty says op shopping is the way of the future because people are finally embracing the eco fashion message, thanks in part to programs like the War on Waste and documentary film 'The True Cost'.

The Salvation Army is one of the biggest urban recyclers in the country. “The Salvos divert around 300 tonnes of waste from landfill in Australia every year.

“Society is waking up to the importance of sustainable style,” De Lanty says.

- greens.org.au/

2. Go for what's in season

Shop smarter, not harder – it's time to reap the benefits of seasonal produce! Seasonal fruits and vegetables are at their peak in terms of flavour and nutrition. These foods are fresher and can last longer as they've not travelled long distances to reach your plate. Also, because seasonal produce is grown closer to home, it requires less fuel for transportation, reducing greenhouse gas emissions.

Visiting local farmers' markets is a great way to connect with your community and enjoy the freshest produce available – not to mention it's usually cheaper.

So, next time you're shopping for fruits and vegetables, consider choosing what's in season. Your taste buds, your body, your community, your wallet, and the planet will thank you. Hot tip: the Saveful app can also help you out here as well – it highlights seasonal produce and gives you tips on how to use it.

3. Dispose of food scraps properly

It may seem like a small step, but disposing of your food scraps a little more thoughtfully can have a significant positive impact on the environment. One habit to adopt is using a compost heap or tub to recycle your food waste into valuable nutrients for your garden. Alternatively, you can save kitchen scraps for a worm farm or chicken coop.

Grow it Local (www.growitlocal.com/) is a wonderful free resource if you want practical tips to reduce food waste – you can join free online workshops to learn about effective composting and worm farms, as well as tips on how to grow your own produce. There are also many online, easy, guides on how to compost effectively at home – and once you get started, you'll be hooked!

Some councils have composting rebates, for buying composting equipment. Check with your local council to see if your area has a similar program.

www.desi.qld.gov.au/our-department/news-media/down-to-earth/reduce-food-waste-3-easy-tips

Grow a Herb or Vegetable Garden

As far as growing your own food goes, growing fresh herbs is one of the best ways to save money.



Not only can you harvest herbs more frequently across a longer period of time than vegetables, but herbs are always more expensive than vegetables at the supermarket, so you'll start saving money as soon as your herbs are big enough to harvest.

Australasian Recycling Label

The Australasian Recycling Label makes it easier to put your packaging in the right bin. So, **Check It! Before You Chuck It!**

What is it?

The Australasian Recycling Label (ARL), is an evidence based labelling system that provides you with easy to understand recycling information for packaging. It shows what needs to be done with each piece of a package to dispose of it in the correct way.



Why do we need it?

There's never been a more important time for Australians to dispose of their waste and recycling correctly. Research shows that Australians care about the environment and know recycling is important, however with 200+ recycling labels in use, getting recycling right can be difficult. The Australasian Recycling Label is designed to reduce this confusion with clear and accurate on pack instructions on what to do.

Check the label today to see which parts belong in recycling, the rubbish or can be returned to store.

More than 900 of Australia's biggest brands are already part of the ARL Program!

And many more are joining every day!

How does it work?

Package Component



This refers to an individual component of the packaging.

Recyclable (Coloured Recycling Symbol)

This can be placed in your kerbside recycling.



Conditionally Recyclable (Clear Recycling Symbol)

Can be recycled if the instructions below the symbol are followed.



Not Recyclable (Rubbish Bin)

This cannot be placed in kerbside recycling. Please dispose in rubbish bin.



Check Locally (Geotag)

This item may be recyclable. Check the ARL website at arl.org.au to confirm how to recycle.



Get the latest recycling advice at arl.org.au

Vale Rocky

Rakairoa (Rocky) Rewherewha was born in Opotiki on the east coast of New Zealand's North Island in 1950. The youngest of eight children he was raised by his aunt and later by his grandparents after his aunt's death.



He was immersed in Māori culture as a child and young man. Upon finishing school he trained as a carpenter, working for a large construction company on many major projects throughout New Zealand.

Rocky was a man of many talents, just a few of which include carpentry dressmaking, millinery, cooking, gardening, costume making, decoration, pottery, amazing drapery as well as being an extraordinary entertainer. He had a vast collection of rich and glittering fabrics, beads, ribbons, mannequins, costumes, wigs and frocks which he shared freely.

He opened a hairdressing salon and later an antique shop, both in Sydney.

He decided to move to Japan but apparently met his long time partner Don on a layover on the way and never did make the move to Japan.

Rocky and Don decided to move to the North Coast when Don became ill and they purchased their property on North Arm Road in 2003. They lived there together enjoying their home and developing their garden. After Don's death in 2013 Rocky continued with his passion for gardening - making and collecting a

wondrous assortment of pottery and artefacts to enhance the plantings in his beautiful garden while his house was a treasure trove of diverse delights.

His involvement in the local community was wide. He was responsible for a lot of fun - at dances, balls, drag shows and the like. He was a great supporter of the arts and many local groups and organisations from pottery to orchids to men's breakfasts.

He was loved by all who met him, demonstrated by the crowd of friends and family, some of whom had travelled from New Zealand to attend the Bowraville Theatre for his memorial on Sunday 20th October where the many eulogies were moving and at times hilarious.

Rocky was a multi-talented personality whose humour, hospitality and flamboyant individuality, drew people to him - just as his semi-regular drag shows drew crowds to the Bowra Theatre.

Rocky had a presence which had an effect - even on those who didn't know him well. He could be lavish with his affection for friends and a bit feisty when he felt it was called for.

He was always interesting and interested.

He will be sadly missed.



UNITED NATIONS Pact for the Future

In September 2024, the United Nations (UN) held an International Summit called the Summit of the Future, to help deal with many of the existential threats facing humanity. An existential threat to the world is one where the continued existence of humanity as a species is under threat.

“After nine months of negotiations, world leaders have agreed on a landmark [Pact for the Future](#) at the UN General Assembly's Summit of the Future in New York”.

Just for the sake of brevity in this article, I will mention just one paragraph from **the Declaration On Future Generations**, Section 28 page 60 where we read: *“Undertaking a whole-of-government approach to coordination, including at the national and local levels, on the assessment, development, implementation and evaluation of policies that safeguard the needs and interests of future generations”*.(my italics).

While ever the Pact for the Future remains an abstract concept at the UN level, business as usual keeps the existential threats to humanity thriving. As writer Ervine Laszlo says “There can be but one future for all of us in the human family. And we must choose whether it will be a future of distinction, or a future of extinction”.

Many Australian Christian Denominations and Non-Christian Faiths have produced Statements on Climate Change, in which they urge a concern for future generations.

Footnote 3. UN Summit of the Future Outcome Documents September 2024 Pact for the Future, Global Digital Compact, and Declaration on Future Generations. https://www.un.org/sites/un2.un.org/files/soft-pact_for_the_future_adopted.pdf
Laszlo, E.1989. The Inner Limits of Mankind: Heretical Reflections on Today’s Values, Culture and Politics. One World Publications, Great Britain, p.17.

Baptist Union *Statement on Climate Change*. <https://www.baptist.org.au/statement-on-climate-change-by-the-baptist-union-of-australia/>

Anglican Board of Mission “*Climate for Change*” by Russell Rolason 2022.

Uniting Church of Australia November 2006 *For the Sake of the Planet and its People*. https://www.abmission.org/wp-content/uploads/2022/01/Climate_For_Change_5.pdf

Pope Francis Encyclical Letter *Laudato Si’* of the Holy Father Francis on Care for Our Common Home. https://www.vatican.va/content/dam/francesco/pdf/encyclicals/documents/papa-francesco_20150524_enciclica-laudato-si_en.pdf

Islamic Declaration on Global Climate Change. https://www.arrec.org.au/islamic_declaration (23 November 2015A *Hindu Declaration on Climate Change*. The Hindu Declaration does not specifically mention future generations but says “we must consider the effects of our actions not just on ourselves and those humans around us, but also on all beings”). <https://www.hinduamerican.org/hindu-declaration-climate-change-2015> and to **900 million Hindus living worldwide** <https://hinduclimatedeclaration2015.org/>

I would like to invite Members (can also be Leaders) of any of these Faith’s (in Footnote 3) within the Nambucca Valley; local Youth, as well as Indigenous Peoples keen on looking after Country based on their own Spiritual Principles; to help organise a local interfaith group to consult and work together on encouraging governments at the Local, State and National levels to hasten the *“implementation and evaluation of policies that safeguard the needs and interests of future generations”*.

By our personal and business choices, currently, we may be making unintended choices that could be detrimental to future generations.

In 2015, in the Country of Wales in the United Kingdom, the Government legislated nationally the Wales 2015 Well-Being of Future Generations Act.

Having had just short of ten years of implementation of this legislation, the country of Wales has a wealth of documented material that we can borrow ideas from that have been tried and tested; in support of encouragement of similar legislation in Australia.

If you are interested in helping implement this idea, contact Michael on mdotdemol@hotmail.com Please make the email subject: ‘**Declaration On Future Generations**’. Without this email subject, unidentified emails may be deleted as spam.

- Michael.



WHAT'S FEATURING in NOVEMBER 2024

BOWRAVILLE THEATRE

Ash Grunwald with Mark Crotti Saturday, 2nd November 2024

Mark Crotti 8pm - Ash Grunwald 9pm

Renowned for his electrifying live shows, Ash Grunwald has inspired a generation to hit the road in an old van to 'surf by day, jam by night'.

Tickets \$52.77 (Bkg fee included)

online <https://events.humanitix.com/ash-grunwald-at-bowraville-theatre/tickets>

Doors open 7 pm Cafe will be open EFTPOS and Wheelchair Access available.



NOTICE OF ANNUAL GENERAL MEETING Sunday, 17th November 2024 @ 2PM

Bowraville Theatre, 74 High Street, Bowraville

All positions will be vacated and voting will take place to fill positions for Committee.

All financial members are eligible to vote. Membership forms will be available at the meeting. Anyone wishing to nominate, or be nominated, must do so in writing one week prior to the meeting. Completed form to be emailed to bowravilletheatre@bigpond.com

Forms for nomination are available on website www.bowravilletheatre.com.au or phone

Dale on 0402 867 137

Mia Petra & Band with Special guest Greg Sheehan Thursday, 28th November 2024

Blending the lines between contemporary folk, electro/ambient, soul and jazz, Mia Petra is a song maker and producer whose unwavering genre-fluidity conjures a playful space that is both nuanced and refreshing. Doors open 7pm, music starts 7.30pm

Tickets \$35 on the door/\$30 online + Bkg Fee online @ trybooking



Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing
Machines & Driers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

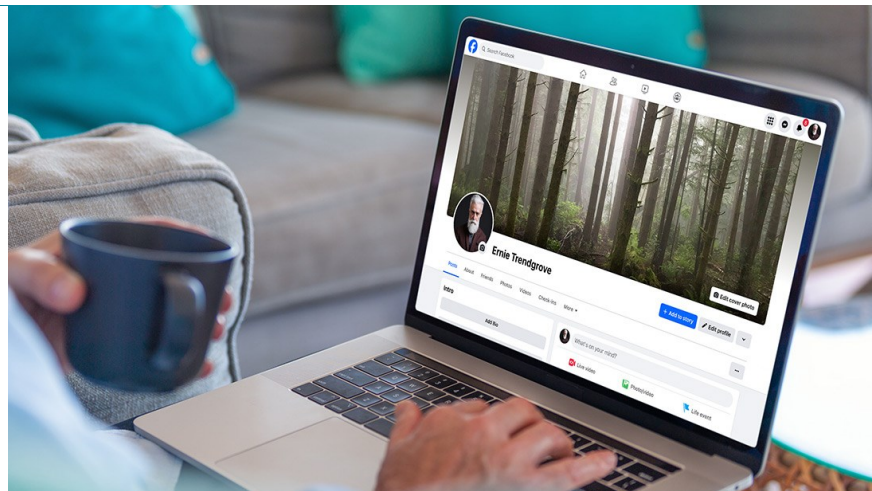
Enquiries: ph 6564 7401



9/11

How to deactivate or delete Facebook *from page 8*

platform, like WhatsApp. So, if you do rely on Messenger as your main form of communication with others it might be a better idea to deactivate your Facebook account instead so you can continue to access Messenger.



Deleting your Facebook account is permanent so only delete if you're sure you no longer want to use Facebook.

If you change your mind in the future, you will have to create a new account.

How to deactivate Facebook

Click on your Facebook profile picture.

Go to Settings & privacy > Settings.

Go to Accounts Centre (in left pane) > Personal details > Account ownership and control > Deactivation or deletion.

Select the account you'd like to deactivate.

Select Deactivate account and follow the prompts.

How to delete Facebook

Click on your Facebook profile picture.

Go to Settings & privacy > Settings.

Go to Accounts Centre (in left pane) > Personal details > Account ownership and control > Deactivation or deletion.

Select the account you'd like to delete.

Select Delete account and follow the prompts until you get to Confirm permanent account deletion.

Before you confirm the deletion, Facebook reminds you that Messenger will also be deleted along with all your messages. It also gives you the option to download your Facebook information so that you can save your photos and posts before they're permanently deleted.

Facebook also sends you an email confirming your account is scheduled for permanent deletion.

Once you've deleted your Facebook account, it's a good idea to also delete the Facebook app on your smartphone or tablet.

Bowraville Community Centre to become a charity.

Continued from page 13



AGM for new and continuing members will follow this meeting and then afterwards we'll share some light refreshments," says Susan Jenvey.

With this step completed, from 2025 Bowraville Community Development Assoc. will be able to increase its fund raising due to gaining its Deductible Gift Recipient Status. Anyone who donates funds, gifts or services to the Community Centre will be given a receipt which allows them to deduct that value from tax they would otherwise pay to the government.

Going forward, the vision of BCDA is to increase creative, cultural and economic opportunities; and to contribute to the development of our community. BCDA promotes reconciliation, mutual respect and tolerance.

The organisation provides access to subsidised creative spaces for production, performance, exhibition and sales. They also provide access to subsidised social, meeting and teaching spaces.

The heritage asset, at 70 High St, Bowraville is maintained for the use and benefit of the whole community, with an open, transparent, and inclusive management structure. BCDA also encourages participation with low membership fees, where members have a vote at monthly meetings. The public is also invited to attend and speak at meetings.

Susan Jenvey - President.



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.

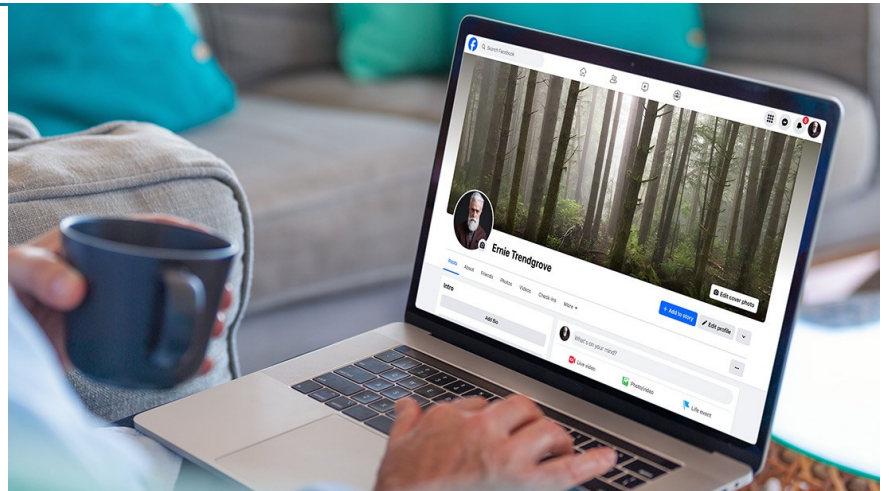
9/11

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.

How to deactivate or delete Facebook *from page 28*

How to download your Facebook information

If you have photos or videos on Facebook that you'd like to keep, it's best to download them before you permanently delete, or even temporarily deactivate, your account. That way you can save all your favourite photos.



Facebook gives you the option to download all available information on your Facebook account or just specific types such as your photos (select Posts) and messages. You can follow these instructions in the Facebook Help Centre to access and / or download your Facebook information.

If you only have a handful of photos on Facebook, it may be easier to download them directly yourself. You can do this by opening each photo and clicking on the three horizontal dots icon, then select Download.

How to reactivate Facebook

When you deactivate your account, you have the option to reactivate it at any time. All your posts, photos, friends lists, and other information will be right where you left them. All you need to do is log back into your account using the same email and password.

If you do decide to reactivate your account, consider adjusting your privacy settings to protect your personal information.

If you've deleted your account, it's only possible to reactivate it within 30 days of requesting the deletion of the account. After that, it's gone for good.

How to recover your Facebook account if you can't log in

If it's been some time since you deactivated your Facebook account and you're having trouble logging back in, there are some things you can do to try to recover your account.

Go to facebook.com/login/identify and enter your email address or mobile number to search for your account. You'll need to use a computer, smartphone or tablet that you've previously used to log into your Facebook account.

You will then be given the option to log in by logging in to your Gmail account (if you have one) or sending a code to your registered email address.

If you're still having trouble recovering your account, visit the Facebook Help Centre for other options, including using a friend or family member's account to recover your Facebook account .

- *beconnected.esafety.gov.au*

A 20-minute walk a day will prolong your life

In a study conducted by Cambridge University involving 334,000 participants, researchers discovered that just 20 minutes of walking each day can significantly prolong life.

This simple form of physical activity, or an equivalent amount of exercise, was found to counter the detrimental effects of a sedentary lifestyle, which was shown to be twice as deadly as obesity.

The Findings

The study's findings were striking. While researchers were unable to determine the exact number of additional years of life gained through daily walking, the benefits were unmistakable.

Ulf Ekelund, the study's lead author, emphasised the profound impact of minimal physical activity on health. "Just a small amount of physical activity each day could have substantial health benefits for people who are physically inactive," he stated. Ekelund also highlighted that although 20 minutes is beneficial, increasing daily physical activity can offer even more significant health improvements.

The Health Implications

The study revealed that out of 9.2 million recorded deaths among European men and women, 337,000 were attributable to obesity. In stark contrast, inactivity was responsible for approximately 676,000 deaths, nearly double the number linked to obesity. This stark comparison underscores the critical need for regular physical activity, even in minimal amounts, to mitigate health risks.

Practical Tips to get Moving

Given these findings, incorporating a brisk 20-minute walk into your daily routine can be a game-changer for your health.

Here are a few practical tips to help you get started:

- **Schedule Walks:** Designate a specific time each day for your walk. Consistency can help form a habit and make it easier to stick to.
- **Walk with a Friend:** Having a walking buddy can provide motivation and make the activity more enjoyable. It also turns your walk into a social event.
- **Explore New Routes:** Keep your walks interesting by exploring different paths and neighbourhoods. This can add a sense of adventure to your routine.
- **Use Technology:** Fitness trackers and apps can help you monitor your progress and stay motivated by setting and achieving goals.



The message from the Cambridge University study is clear: integrating just 20 minutes of walking into your daily routine can have substantial health benefits and may even extend your lifespan. By adopting this simple habit, you can combat the dangers of a sedentary lifestyle and enjoy improved overall well-being. So, lace up your walking shoes, step outside, and embrace the benefits of daily physical activity. Your body and mind will thank you.

<https://www.mindfood.com/article/a-20-minute-walk-a-day-will-prolong-your-life>

There's no such thing as vegetables . . . but you should eat them anyway

The rumours are true: Vegetables aren't real - that is, in botany, anyway.

While the term fruit is recognised botanically as anything that contains a seed or seeds, vegetable is actually a broad umbrella term for many types of edible plants.

You might think you know what carrots and beets are. Carrots, beets and other vegetables that grow in the ground are actually the true roots of plants. Lettuce and spinach are the leaves, while celery and asparagus are the stems, and greens such as broccoli, artichokes and cauliflowers are immature flowers, according to Steve Reiners, a professor of horticulture at New York's Cornell University's College of Agriculture and Life Sciences.

As for produce that grow from flowers, such as peppers and tomatoes, the hot-debated crops are botanically classified as fruits, Reiners added. Cucumbers, squash, eggplant and avocados are also classified as fruit due to their anatomy, according to the European Food Information Council.

What is a vegetable?

The term vegetable does not have a set definition when it comes to botany. While vegetables are really just the roots, stems and leaves of plants, experts don't recommend eating just any roots, stems or leaves - one example is rhubarb. The fleshy stalk is the edible part of the plant, but the leaves are poisonous, Reiners said.

"We know vegetables are healthy. We know the vitamin content, and mineral content," Reiners said. "We know how much fibre is in all of it. We also know the vegetables you either grow or purchase at a farmers' market or grocery store are safe to eat," he said.

Eat your vegetables

By understanding the various parts of vegetables and the nutrients they carry, people can eat well. A head of broccoli is a great source of nutrients, but the stem of the green, which is more commonly thrown out, is also rich in fibre and nutrients. The regular consumption of flowery produce such as broccoli and cauliflower have been found to be associated with a decrease in the risk of cancer, she added. Heart disease is still the No. 1 killer and we know that if you eat enough fruits and vegetables, you can lower your risk of heart disease - and that goes along with obesity, diabetes and all those other chronic diseases.

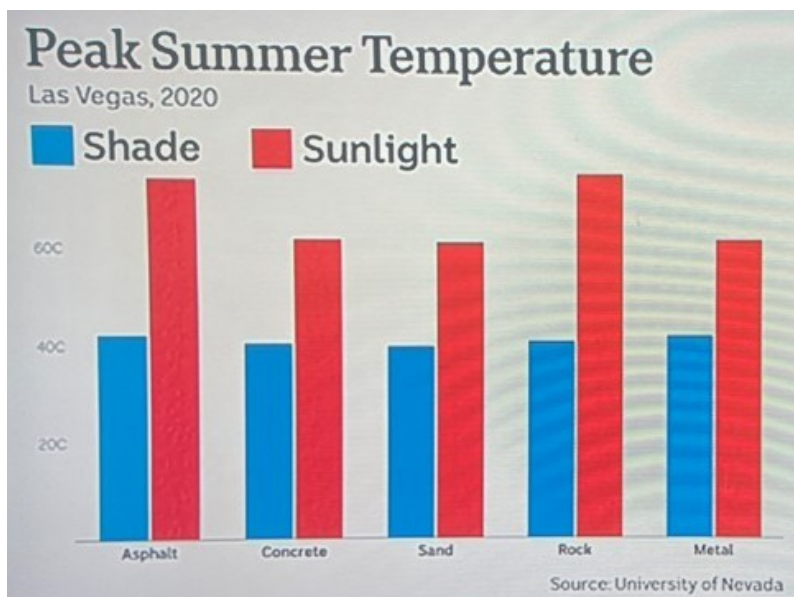
It is important to eat a variety of vegetables since each one will have varying beneficial nutrients. Dark leafy greens such as spinach and kale are great sources of certain phytonutrients, natural nutrients from plants that are beneficial to human health, by maintaining sharp eye vision, while carrots help strengthen night vision.

"If you think of the richest, darkest, most colourful vegetables, that's where you're going to find the most nutrients, while potassium-rich vegetables and fruit such as potatoes, pumpkin and squash all can help to lower and maintain blood pressure.

- <https://edition.cnn.com/2024/05/05/health/what-are-vegetables-nutrients-plants-wellness>

The importance of shade for our health

Shade plays an important role in minimising and reducing heat related diseases. Higher tree cover means lower temperatures on the ground on hot days, as well as sun protection for people as we walk. Shade needs to be a much higher priority when planning our new developments and maintaining tree cover in our older suburbs. The following information is from organisations working on improving shade, as well as why they think shade should be a bigger part of the urban planning conversation.



Why is shade important for our health?

Lack of shade and exposure to the sun can cause a variety of health problems including skin and eye damage, dehydration and heat stroke. The majority of skin cancers are caused by exposure to the sun. In Australia, 80% of the cancers diagnosed each year are skin cancer.

Protecting yourself from sun damage is key, but it's also a lot harder if you live in a hot suburb with treeless, baking streets. Improving shade on our streets and in parks and playgrounds will reduce skin damage and reduce our risk of skin cancer.

Shade has health, environmental and economic benefits that can be taken into consideration when designing and creating safe and healthy spaces in our communities. These are just some of the benefits that the Cancer Council NSW have identified:

Health benefits

- Reduces UV exposure and helps prevent skin cancer

Continued on Page 37

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



10am Service every Sunday

Rector: Peter Shayler-Webb 0439 770 487

Email: admin@nambuccaanglicans.com.au

Office: 02 6568 9029

*Baptisms, weddings
and funerals.*

3/11

Blokes' Breaky
1st Saturday of the month
Ring Jeff to book on **0428 578 394**

Cuppa and Chat
3rd Saturday of the month
Everyone welcome. 10am - Free

St Jimmy's Kitchen ^{3/11}
3rd Thursday of Month at 5.30pm

Bowra St Jimmy's Food Hub
Friday 9-11am Saturday 9am-12pm
Closed Mondays.

Must hold a current Centrelink card.

ST. JAMES CHURCH HALL

*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

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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.

21/11



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

Wonderful World of Weeds

by Rae White

Continued from last month

The stigma

If weeds are so great at telling us how to be better gardeners, why are they branded as garden blemishes, not happy helpers? Wall explains that much of the stigma around weeds relates to a lack of knowledge and understanding of the role they play in the ecology of our gardens.



They often present as the reason our plants aren't doing well. "It appears that they are bully plants and no one likes a bully," says Wall. However, the truth, Wall tells me, is a little different. "They are not usually bullies," she says, "they are simply better suited to the conditions in our gardens than are our preferred garden plants. Weeds can be hard to get rid of, which further adds to the stigma. And much of the reason that they're so hard to get rid of lies in those same conditions."

Wall adds that plants suited to a garden's conditions will outperform plants not suited to those conditions. "The real reason our plants are not doing well is usually not the weeds, but because the conditions are not right for them," she advises.

The benefits

They can offer us many benefits, not just as indicators of land quality, but as compost to improve our garden's soil. According to Wall, many are able to grow in very poor soil conditions, therefore as they grow, die and compost, then grow again, they are gradually improving the soil's health. "Weeds are always a source of compost, although there are different ways to compost different weeds to ensure they do not regrow," she says.

Weeds can also be beneficial in preventing soil erosion, as well as

Continued on Page 36

BOWRAVILLE CENTRAL SCHOOL NEWS

School's Cattle Team Celebrates a Year of Accolades

2024 has been a standout year so far for the Bowraville Central School Cattle Team, with numerous victories and accolades at various agricultural shows, showcasing the hard work, dedication, and skills of both students and staff.

At the Kempsey Agricultural Show, our students performed exceptionally well in both beef and dairy cattle events. Jaz secured 2nd place in the Dairy Junior Parader contest, followed by May in 3rd. Sierra claimed 1st in Reserve Champion Junior Dairy Judging, while Layne proudly took home 2nd place in Junior Dairy Judging Under 13 Years. Mikayla placed 3rd in Junior Beef Judging, and in the Target Weight Class, Layne earned 1st and Champion Under 13. What's more May won 1st and Reserve Champion under 14, Dean claimed 1st in the under 16 category, and Lailana achieved 3rd place in the under 14 division.

The excitement continued at the Macksville Show 2024, where 24 of our Cattle Team students showcased their talents over two days of dairy and beef cattle competitions. Our students brought plenty of creative flair during the fancy-dress competition, transforming their heifers into "Halloween Cow," "Xmas Cow," "Party Cow," and "Rainbow Cow." In the Jersey Breed Class, animals Merle and Steph placed 2nd and 3rd, respectively.

Layne also triumphed in the 12 and Under Junior Parader Class, outshining 38 competitors! Our stud cattle entries further impressed, with animals Gina, Cobby, Tilly, and Softy winning Champion and Supreme Champion of Breed, while Indy and Tequila secured Reserve Champion of Breed titles.

At the Coffs Harbour Show, the Cattle Team continued to shine, winning the prestigious Perpetual Trophy for the Best Presented and Prepared Animal by a School. In the junior parading section, Brooklyn, Skylah, April, Layne, Sierra, and May all placed at the top across various age groups. In Junior Judging, Layne wowed the judges with his confidence, taking 1st place, while Mikayla and Lailana secured 2nd and 3rd places among 25 competitors. Our stud heifer Softy also earned the title of Supreme European Senior Female, adding another accolade to our team's outstanding year.

The Bellingen Show marked the end of the 2024 show season for the Mid North Coast region, and our Cattle Team finished on a high note. Brooklyn secured 1st place in Junior Parader, while Layne earned 1st place in Junior Judging and was awarded Reserve Champion Junior Judge. Mikayla took home 1st in Junior Judging as well, with DJ Donovan and Kiri Cadman Pou receiving Honourable Mentions.

The Bowraville Central School Cattle Team has had an extraordinary year so far, filled with well-deserved recognition for their diligence, skill, and commitment. With the New England region's Dorriggo Show just around the corner, students are now busy preparing both our dairy and beef cattle for their next competition before the season concludes. Keep up the amazing work, BCS Cattle Team—our entire school community couldn't be prouder of you all!



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~ GARDENS & GARDENING ~

Wonderful World of Weeds

from page 34

providing habitat for wildlife and attracting insects and pollinators.

Perhaps most surprisingly, weeds can also be a source of food, nutrition and medicine.

Wall cites the dandelion and the more common false dandelion, which are stigmatised as the sign of a badly cared-for lawn. However, not only are dandelion flowers a rich source of nectar and protein for bees, butterflies and other pollinators, but the entire plant is edible and rich in vitamins and minerals. “The plant is also medicinal — it’s a good general tonic and supports kidney and liver function,” says Wall.



Advantageous weeds

If weeds are beneficial to us, then how do we manage them? And how do we take advantage of them, but not let them take over our garden?

“Managing weeds needs to be tailored to the type of weed,” explains Wall. “To truly get on top of any weed issues, match your weed control method to the type of weed you are trying to control.”

In controlling weeds, you can better manage your garden and your soil, ensuring that weeds are a source of compost, nutrition and pollination rather than frustration. Wall tells me that it’s sad we’ve lost sight of the value in weeds — “we are placing a greater value on a manicured monoculture lawn than we are on biodiversity and our health.”

Rather than digging out weeds, it’s important to find out what they are and why they’re in our garden. A healthy garden can be full of all plants, including weeds, and still thrive and grow happily throughout the year.

- www.wellbeing.com.au

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Shade for our health *continued from page 33*

- Improves thermal comfort in times of heat
- Improves mental health and wellbeing

Environmental benefits

- Reduces build-up of heat in urban areas
- Reduces air pollution
- Reduces water evaporation, soil erosion and stormwater run-off
- Reduces atmospheric carbon
- Maintains animal habitat and biodiversity

Social and economic benefits

- Improves social and community connection
- Reduces neighbourhood crime
- Better placemaking
- Reduces socioeconomic and health inequities
- Increases land and property value
- Reduces energy usage and costs

What is good shade?

Shade can be natural, (canopy trees), or built, (stand-alone, portable or add-on structures), and helps to reduce the amount of heat absorbed by surfaces like concrete and asphalt. When the sun's rays hit these surfaces, they are absorbed and re-radiated as heat, which can contribute to higher temperatures in urban areas. Shade can help to reduce the amount of heat absorbed by these surfaces, as well as the temperature of the surrounding air.

swelteringcities.org Why we love shade – Sweltering Cities



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Channel-billed Cuckoo

Scientific name: *Scythrops novaehollandiae*

Bird family: cuckoos

Status: Least Concern (LC)



Overview

Of the dozen species of cuckoos that occur in Australia, the Channel-billed Cuckoo is the largest. Like many cuckoos, it lays its eggs in the nest of another bird and being a large cuckoo, it must lay its eggs in the nest of another large bird. The species usually chosen as foster parents are Pied Currawongs, Australian Magpies, crows and ravens, although occasionally eggs are laid in the mud nests of White-winged Choughs or Magpie-larks, and very occasionally in the nests of birds of prey.

Identification

Apart from the Channel-billed Cuckoo's large size, its massive pale, down-curved bill, grey plumage (darker on the back and wings), and long barred tail make it difficult to confuse it with any other bird. In flight, the long tail and long wings give the bird a crucifix-shaped (cross-shaped) silhouette. Young Channel-billed Cuckoos have more mottled buff, brown and grey plumage.

Although they are not nocturnal birds in the strict sense, Channel-billed Cuckoos are notorious for calling all night long during the breeding season.

Their average size is 62cm and their average weight is 611 grams.

Songs and Calls

The call of the Channel-billed Cuckoo, a loud 'kawk' followed by a more rapid, and weaker 'awk-awk-awk...', is as distinctive as the bird's appearance. The call may be given when perched but is most often given in flight.

Location

The Channel-billed Cuckoo migrates to northern and eastern Australia from New Guinea and Indonesia. This occurs between August and October each year. The birds leave Australia in February or March.



Habitat

The Channel-billed Cuckoo is found in tall open forests, usually where host species occur. Can be found in urban parklands.

- birdlife.org.au/bird-profiles/channel-billed-cuckoo

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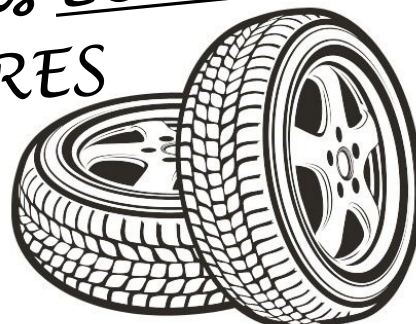
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2024							Studio 3 Live on the 3rd Friday of each month 6-8pm		Community Radio Network	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time		
6 AM	Green Eggs On Toast Laurie Macbury	The Bohemian Beat With Riddhi	Aussie-Grown Across the Nation Aussie Christmas grassroots to charts.	Tones of Claressence Claire Watt	TGIF Bethina Goodwin	Rise N Shine Ron Hawkins	Tiki Lounge Remix With Seth Jordan	6 AM		
7 AM	Markets info, news, movies, local news. Mute .	NIMA Chart Show Mealy J	A Country Tea Time With DJ Tina	FlipSide With Phil	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above 6:30 Saltwater People 7:30 It's Only Words 8:30	Creative world music, contemporary jazz, digital beats and other sonic erotica. From ZBBB	7 AM		
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul Burra	Smoko with Gazza With Gary Biden	Turning Pages Elizabeth Newman	Talk Of The Town Ceri Whobel	Local News of the Area Audio news, with Beverly & Linda	Dad & Daughter With Geoff & Amy	8 AM		
9 AM	Great 'Rock 'n' Roll'	Back to Beethoven With Rachel Burns	Easy Listening To Rock & Pop	Jake & The Fatman Join in and singalong	See what's going down!	Maldensong Dianra Galbraith	With Geoff & Amy	9 AM		
10 AM	Baby Boomers Dorina Collins	Infopinion Richard Lawton, Eddie Orrego, Dale Hawkins	Mystical Music & Musings With Luise	Cyberbeat, inside Motorpart & The Assignment	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	Great music, dad jokes, trivia, and loads of fun on air....	10 AM		
11 AM	Flashback With Rob Davidson	Life Words with Linda	Mick in the Middle With Mick Birds	Tewinga Tunes With Ralph	Weekend Surge With Chrissy	Garage Noise With Sean Ambrose	Audio news, with Beverly & Linda	11 AM		
Noon	1960's to 1980's with a weekly featured artist	Bible reflections, Gospel & Australiana	Interviews with fascinating folk, beautiful music & what's happening in our slice of paradise	Guaranteed ear candy	Sublime music, surf and foxy reports, pumping you up for the weekend!	Alternative Music	Local sports calls and in-depth sporting analysis	Noon		
1 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selector music	Thursdays Country	MHS Radio From Macksville High	Soul Quench With Lizzie	Donna, Nigel, Mitch, Gary & Les	1 PM		
2 PM	A Breath of Fresh Air With Sandy Kaye	Sister Act Clivia & Sam	The Sixties in Australia Rob Davidson	Trickiwic	Three hours of soft rock & listener requests.	Music with a Message Geoff Stone	Local sports calls and in-depth sporting analysis	2 PM		
3 PM	Rowra Beats With Grace Wallers	Retro Birds Robyn Wren & Sally Swan	The Curious World of Lisa Z	Hit Singles From Your Past With Manca	Studio 3 from 6-8pm on the 3rd Friday of each	Wolffy Wolffy's music & requests	That's A Wrap Donna, Nigel, Mitch, Gary & Les	3 PM		
4 PM	Hinterland With Ben Wallers	Mat out of the box	The Sit Down With Clint Waaka	Live Delay Aussie-wide Live Music	Fish's Favourites With Dave P	Saturday Date With Stu	Local sports calls and in-depth sporting analysis	4 PM		
5 PM	Reggae Mixtape With Fitzroy	Blues Soul Funk Feat'ing Aussies on NBA Matt Lebrant & friends	Interviews, music, history, culture and good times!	Tim Unsupervised Tim Hood	Tunes I like to hear...	Saturday Night Gold On Friday	Local News of the Area Audio news, with Beverly & Linda	5 PM		
6 PM	Music Makers With Yen	Space Nuts Lost in Science Zed Games & Diffusion	Ant's Rock Anthony Gamsey	Late night humour music interviews and more...	Saturday Night Gold On Friday	2NVR Music Mix	Local sports calls and in-depth sporting analysis	6 PM		
7 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	2NVR Music Mix	Local sports calls and in-depth sporting analysis	7 PM		
8 PM	Music Makers With Yen	Space Nuts Lost in Science Zed Games & Diffusion	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	2NVR Music Mix	Local sports calls and in-depth sporting analysis	8 PM		
9 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	2NVR Music Mix	Local sports calls and in-depth sporting analysis	9 PM		
10 PM	Music Makers With Yen	Space Nuts Lost in Science Zed Games & Diffusion	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	2NVR Music Mix	Local sports calls and in-depth sporting analysis	10 PM		
11 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	2NVR Music Mix	Local sports calls and in-depth sporting analysis	11 PM		
Midnight	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	Ant's Rock Anthony Gamsey	2NVR Music Mix	Local sports calls and in-depth sporting analysis	Midnight		