

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 2022 ~ ISSUE #212 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Update on closure of BCU branch in Bowraville

Members of BCU have recently been notified by BCU that the branch in Bowraville will close permanently in February 2023. As the branch is located within the Bowraville Technology Centre (BTC) we have been asked by many in the community about the closure. In particular about the fate of the BCU ATM machine which is heavily used. We can advise that the BTC has had positive discussions with BCU about the requirements of ATM facilities post-branch closure.

While many in the community will be disappointed with the branch closure it seemed inevitable given the changes to consumer banking behaviour over the past few years. It is important to note that many routine cash withdrawals and deposits can be made at the Bowraville Post Office and that BCU has waived any fees on those transactions. The BTC does its cash banking that way since the BCU branch moved to a cashless mode. We use online banking for other transactions.

One of the conditions from the Australian government in the grant to establish the BTC was the provision of banking services. We have worked with BCU over the last 20 years to provide that service and have well and truly met our grant conditions in that area. We will continue to work with BCU to provide an ATM service and we are available to assist the community with advice on using online banking and understanding the increasing issues of scamming.

- BTC board of management.

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and
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4/4

**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

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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
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 - Music Conversion to CD Format
- Volunteers Welcome*

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 300 COPIES

Newsletter is also available online at:

www.bowraville.nsw.au/newsletter/

2022 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE DECEMBER 2022

ISSUE IS: 4:00PM

TUESDAY, 22nd NOVEMBER 2022

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 Services Australia Agency

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

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

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

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

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



Australian Government
Services Australia



FITTING TURNING MACHINING



0408 964 433

Steven Jeffries

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

2 Park Street Bowraville 2449

www.fittingturningmachining.com.au



TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



Free Techno Lessons
Bookings essential

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

For technical issues
contact BTC for a
booking.

You can ring the
Bowraville Technology Centre on
6564-7420

*"Action comes
about if and
only if we find
a discrepancy
between what we
are experiencing
and what we
want to
experience."*

-Philip J. Runkel

***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

BOWRA COUNTRY MARKET
SATURDAY ~ 12TH November ~ 9am to 12noon
Pioneer Community Centre, 70 High Street



ART WITH HEART

One Drop - Raises the Sea Exhibition

Opening Sat 12th November at Phoenix Gallery in Bowraville.
Opening on Nov 12 from 9am till 2pm with an artisans market & live music by the BushRats. Running until December 18, 2022.



BOWRAVILLE THEATRE

Friday 4th November @ 6pm - Live Music

Kim Churchill with guest Jason Lowe

Sunday 9th November @ 2pm - Movie

Smoke Between Trees

Sunday 27th November @ 2pm - Live Music

Paco Lara presents new show "Duende"

The AGM for the Bowraville Community Development Association scheduled for Oct, 10th has been postponed to Wednesday, 30th of November.

There will be a public meeting held at the Community Centre during the week prior to the November 30th AGM.

Coronation Kennels & Cattery

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

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

PHONE: 02 6568-2018

Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

We provide the following services:

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

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

Long Term Budget -

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

Not available during school holidays



Short-term Accommodation

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

10/11

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

10/11

ACCC warning as “Hi Mum” scams spike

Scamwatch is urging the public to be wary of phone messages from a family member or friend claiming they need help following a significant rise in “Hi Mum” scams in recent months.

More than 1,150 Australians fell victim to the so-called “Hi Mum” scam in the first seven months of this year, with total reported losses of \$2.6 million. Most of these scams were reported in June and July 2022.

Known as “Hi Mum” or “family impersonation” scams, victims are contacted - most often through WhatsApp - by a scammer posing as a family member or friend.

The scammer will claim they have lost or damaged their phone and are making contact from a new number. Then, once they have developed a rapport with their target the scammer will ask for personal information such as photos for their social media profile or money to help urgently pay a bill, contractor or replace the phone.

These requests continue the ruse of a lost or broken phone with the justification that the funds are needed because they can't access their online banking temporarily.

Some messages will simply say “it's me,” while in other cases the scammers appear to have contact information and use the name of the person they are impersonating.

“We have seen an explosion in the number of ‘Hi Mum’ scams in the past couple of months, and so we are warning Australians to be very wary of messages from unknown numbers claiming to be from their children, parents, relatives or friends,” ACCC Deputy Chair Delia Rickard said.

“Scammers will stop at nothing to get your personal details or money and this particular scam is designed to pull your heartstrings. It's important to stop and think if you get a message, especially on WhatsApp, because chances are it's not your family member or friend – it's a scammer.”

The ACCC is urging people who receive suspicious messages from a number they don't recognise, to independently verify the contact.

“If you're contacted by someone claiming to be your son, daughter,



Continued on Page 24

WHAT'S HAPPENING IN BOWRA

Bowra Country Markets

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

Blokes Breaky

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

St Jimmy's Kitchen

3rd Wednesday of Month
6pm - St James Church Hall

St Jimmy's Food Hub

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

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

7/11

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

33 HIGH STREET, BOWRAVILLE
Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min \$1000
KITCHEN Wednesday to Saturday
f 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-FRIDAY 10am-3pm
WEEKENDS 10am-1pm
PUBLIC HOLIDAYS 10am-3pm

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

~ Groups by appointment ~

8/11

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YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

See what our clients think of @atrealty go to ratemyagent.com.au

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

9/11

BROWSING BEAUTIFUL BOWRA

Christmas is a coming... ideas for special, just right gifts are surfacing...

BUT don't just jump in the car (or on the bus) but *BROWSE BOWRA*.

...We have so much on offer right here in our town

The **Pharmacy** (8.45-5.30 M-F, 8.45-12.00 Sat) and the **Post Office** (9-5 M-F) have a broad range of gifts to select from, **4KIDS** (10-4 Th-F, 10-2 Sat) have toys, clothing and gifts for children.

The **Phoenix** (9-1 M, 8-2 Tu-F) has a range of locally created unique art and craft gifts, **Soul Space** (9-3 Tu, 9-5 Wed, 9-12 Th, 9-3 Fri, 10-1 Sat) has an eclectic collection of interesting handmade or environmental products and secondhand clothing and **Aunt Emily's** (10-2 M-F, 9-12 Sat, 10-2 public holidays) is a volunteer community outlet for many beautiful and special handmade local products, especially textiles.

And don't forget the **Uniting Church Op Shop** (9-3 Tu-Th) for anything and everything that you almost certainly won't find anywhere else... and your money helps support vital programs and services. Win-win-win.

Support our local businesses, reduce your carbon footprint and

Buy Local.



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

70 High Street – in the heart of Bowraville

Monthly meetings, 1st Monday of each month, 4pm in winter months.

Welcoming community participation.

Bowra Country Market, 2nd Saturday of every month.

Enquiries: 6568 3370

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

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

Volunteers wanted. Do you have skills to share?

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

Find us on Facebook.

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



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Books reviewed are available at the Technology Centre's Book Nook at time of printing.

Nancy Wake

by Peter FitzSimons

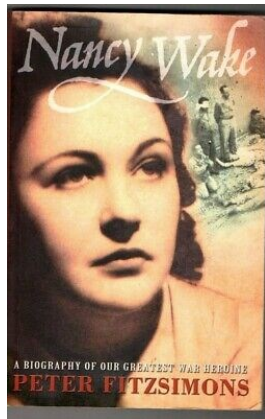
In the early 1930's, Nancy Wake was a young woman enjoying a bohemian life in Paris. By the end of the Second World War she was the Gestapo's most wanted person.

As a naive, young journalist, Nancy Wake witnessed a horrific scene of Nazi violence in a Viennese street.

From that moment, she declared that she would do everything in her power to rid Europe of the Nazi presence.

What began as a courier job here and there became a highly successful escape network for Allied soldiers, perfectly camouflaged by Nancy's high-society life in Marseille.

Her network was soon so successful - and so notorious - that she had to flee France to escape the Gestapo who had dubbed her 'the white mouse' for her knack of slipping through its traps. But



Nancy was a passionate enemy of the Nazis and refused to stay away.

She trained with the British Special Operations Executive and parachuted back into France behind enemy lines.

Again, this singular woman rallied to the cause, helping to lead a powerful underground fighting force, the Maquis. Supplying weapons and training the civilian Maquis, organising Allied parachute drops, cycling four hundred kilometres across a mountain range to find a new transmitting radio - nothing seemed too difficult in her fight against the Nazis.

Peter FitzSimons reveals Nancy Wake's compelling story, a tale of an ordinary woman doing extraordinary things.

- www.goodreads.com

Peter FitzSimons is a well-respected columnist for The Sydney Morning Herald and Sun-Herald, speaks four languages, has played rugby for Australia, co-hosted radio shows with Mike Carlton and Doug Mulray, interviewed famous people around the globe from George Bush to Diego Maradona, is the Chair of the Australian Republican Movement and has written over 27 best-selling books.

BOOK NOOK NOTICE

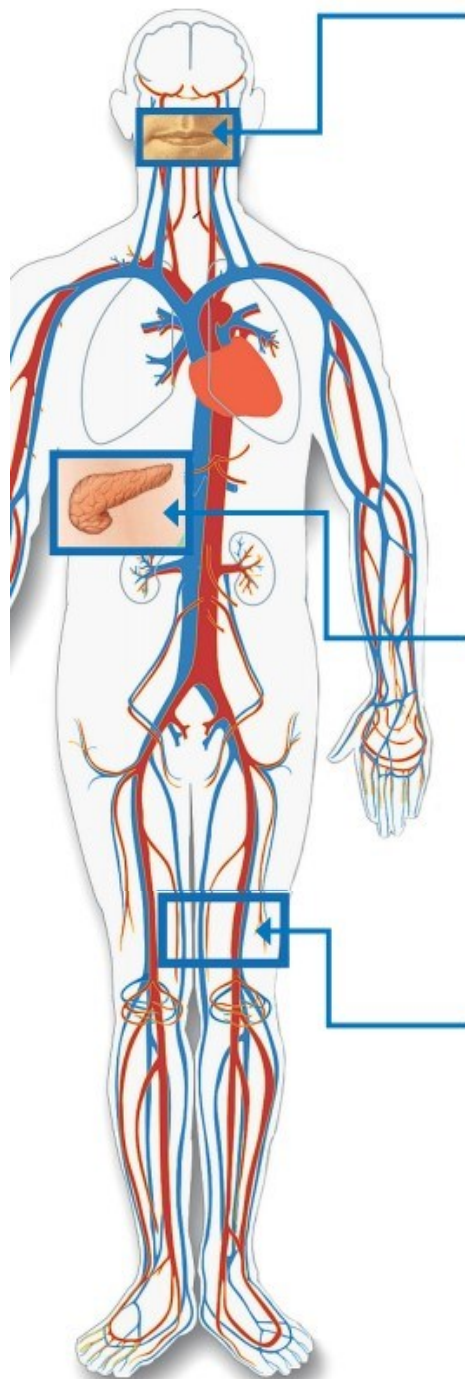
We are extremely grateful for book donations but we do not accept old or worn books, text books, old non-fiction or children's books as we have limited display shelving and even more limited storage space.
Thank you.

Now at the BTC A DVD Library

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

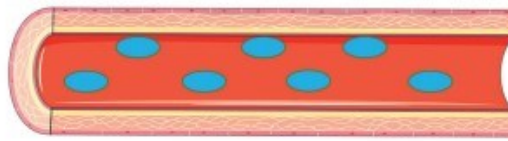
Awareness of Diabetes

Understanding diabetes



Glucose enters the bloodstream

When we eat **carbohydrate foods** such as bread, cereal, rice, pasta, starch vegetables, milk, yoghurt and fruit, they are broken down to glucose in the digestive tract (mouth, stomach and bowels).



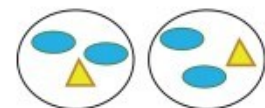
Insulin enters the bloodstream from the pancreas

When blood glucose levels rise, the **pancreas** releases a hormone called insulin.



Insulin allows glucose to enter body cells

Glucose enters the cells of the body including muscles where it is used for energy. This lowers blood glucose levels as glucose leaves the blood to enter the body cells.



● Glucose

▲ Insulin

Continued on Page 12

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



Be prepared for snake bite



With the weather warming up, snakes will be increasingly out and about. It may be time to update your first aid supplies to include new snake bite approved bandages.

Setopress and **AeroForm** Premium snake bite bandages with continuous indicators are premium heavyweight conforming bandages. They are ideal for use with the Pressure Immobilisation Technique which is used for the treatment of all Australian Snake and Funnel Web Spider bites as well as Blue Ringed Octopus and Cone Shell stings.

Bowraville Pharmacy - for AeroForm and Setopress Bandages.



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



Understanding diabetes

When you have diabetes you need to make some changes to regulate the sugar in the blood. This sugar is called glucose and the glucose level is controlled by insulin. Insulin is a hormone made in the pancreas, it works like a key helping the glucose enter the cells of the body where it is used for energy.

Diabetes can be well controlled.

Your diabetes health care team are here to help you.

Type 1 diabetes

Occurs when the body's immune system destroys the cells in the pancreas which make insulin. People who have Type 1 diabetes need to inject insulin every day.

Type 2 diabetes

Occurs when the cells in the body do not respond effectively to insulin. People with Type 2 diabetes may need tablets and/or injections, including insulin, to manage their diabetes. Healthy eating, regular physical activity and watching your weight are also really important.



Risk factors for Type 2 diabetes

People are at a higher risk of getting Type 2 diabetes if they:

- have a family history of diabetes
- are over 55 years of age
- are over 45 years of age and are overweight or have high blood pressure
- are over 35 years of age and are of Aboriginal or Torres Strait Islander background or are from Pacific Island, Indian subcontinent or Chinese cultural background
- have given birth to a child over 4.5kgs or had gestational diabetes (GDM) when pregnant
- have Polycystic Ovarian Syndrome (PCOS)
- have specific chronic conditions e.g. Pancreatitis
- medications, including steroids, anti-psychotics and immunosuppressants.

BOWRAVILLE CENTRAL SCHOOL

NOVEMBER 2022

Congratulations to the Year 12 Graduation class of 2022. The students commenced their final school day cooking and serving their parents and staff a scrumptious breakfast. A formal assembly, attended by the whole school and students' families followed. A highlight of the assembly was a rendition of the song 'Hallelujah' by Year 12 student, Gabby Stadhams and her mother, Laura Graham.

A formal graduation dinner was held that night at Nambucca Heads RSL Club. Students, staff and guests celebrated 13 years of school with some students having completed all their schooling at Bowraville Central School. Jom Narksawad was awarded Dux of the School and two prestigious ADF awards were presented to Saira Nakov and Ben Tysoe.



Left to Right:
Kayaana Greenup, Gabby Stadhams, Cheyenne Baker (School Captain), Jom Narksawad, Ben Tysoe, Saira Nakov (School Captain), Ben Whalen and Isabella Avery.



Left to Right: Jom Narksawad (Dux of School), Saira Nakov and Ben Tysoe ADF award winners.



Ben Whalen and mum, Melissa. Ben has done all his Schooling from Kindergarten to Year 12 at Bowraville Central School.

*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 to
Garry, Paul or Kirk.
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.

Start your Green Gym

We're always being told to eat more fruit and veggies and get more exercise with this diet or that exercise program. If the thought of donning Lycra and heading to the gym has you reaching for the chocolate cake, what about a green gym? Get out into your sustainable garden for your daily workout this November. Sustainable gardening is not only good for the planet; it's good for your health.

More and more people are using their gardens and growing fruit and veggies to help manage chronic diseases such as type 2 diabetes. Think about all the weeding, digging, mulching, planting and raking you can do in your garden. Wow, what a workout. Not only that, your sustainable garden is a great mood booster, so it's good for your mental health as well.

Make November your month to start your green gym in your patch!

- Start your gym session by planting capsicums, chilli, cucumbers, squash, tomatoes, sweet corn, eggplant, lettuce, zucchini, rocket and squash.
- While you at it, extend your workout by planting some healthy herbs. How about basil (both sweet and purple), parsley, sage, pyrethrum, lemongrass, oregano, rue and marjoram. Mint is a great herb for adding to your healthy dinners and drinks, but it'll take over, so plant it in a pot to keep it contained.
- Some colour in the garden isn't only pleasing to the eye but can help us de-stress and relax. The pollinators and other good guys will love it too. Try some nasturtium, dianthus, gerbera, verbena, snapdragons, petunias, marigolds, phlox and celosia.
- Build some muscle into you and your soil by planting green manure, try cow pea, mung bean, soybean and millet.



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

8/11

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LIONS CLUB of BOWRAVILLE CHRISTMAS CAKES

It's quickly coming up to that time of year when we begin to think about Christmas and all that involves.

That's where the Lions Club of Bowraville comes to the celebration with their wonderful Christmas cakes.



Large Cakes \$19
Small Cakes and Puddings \$15
Single cake slices \$2.

Cakes and Puddings are available at
Bowraville Pharmacy, IGA and the
Bowraville Technology Centre.

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



7/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott



10/11



Email:
bowraville@lionsdistrict201N1.org.au
PO Box 23 Bowraville NSW 2449

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



10/11

Make Your Own

Christmas Deco's

Christmas is not far away and these easy to make decorations are something you can create and have ready to put on next month's DIY Christmas Tree.



~ GARDENS & GARDENING ~

From Page 14

Next season's hungry plants will love it and you'll get a great workout when it's time to dig them in.

- Want a solid workout in your green gym? Top up your mulch on all your garden beds. Make sure you choose sustainable, low environmental impact mulch, that'll enrich your soil as it breaks down.
- It might seem a way off, but it'll be hot before you know it. Plan for the heat by making a couple of shade cloth tents. They don't have to be elaborate, just a simple, moveable structure that you can put over the top of some of the sun sensitive veggies. Think of it as slip, slop, slap for your plants! Don't forget to slip, slop, slap, seek and slide yourself.
- Got grafted fruit trees? Check for shoots growing up from below the graft and cut them off. The rootstock will take over your trees if you let them go.
- Check your garlic, if some of the leaves are turning yellow and the stalks softening, it's time to start harvesting.
- For a solid workout for mind and body, get out there and weed. Pulling out weeds is not only good for your muscles, it helps relieve stress!

Staying active is important for us all, whether we're managing a chronic disease or not. So next time you read about a new miracle diet, superfood or exercise program and feel like hiding under the doona, remember you have your own green gym in your patch. Exercise, fresh air and growing your own tasty and healthy superfoods. Who needs fad diets or crowded gyms?

Remember, conditions and climate in your patch might be a bit different, so take this as a general guide. Spending time out in the patch will help you to understand the climate, microclimate and seasonal variations.

- www.sgaonline.org.au

COVID-19 Booster Vaccine Advice Fourth Dose

To receive the best protection against serious illness or death from COVID-19 you should stay up to date with all vaccinations recommended for your age or individual health needs.

Boosters are important to maintain this protection.

Booster doses are free for everyone.

An additional booster, or fourth dose, is recommended for people at increased risk of severe illness, to be given 3 months after their first booster dose.

This additional booster will be a fifth dose for people who are severely immunocompromised.

You should get a fourth dose if you are:

- 50 years or older
- 16 years or older and a resident of an aged care or disability care facility
- 16 years or older and severely immunocompromised
- Aboriginal or Torres Strait Islander and aged 50 years and older
- 16 years or older with a medical condition that increases the risk of severe COVID-19 illness
- 16 years or older with a disability.

ATAGI has advised people aged 30 to 49 years old can receive a fourth dose if they choose.

This booster dose is now recommended from 3 months after the last primary dose. This is called the 'due date'.

-www.health.gov.au



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.

10/11

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.

Ways To Reuse Cardboard Tubes

Who knew an old toilet paper tube could be so useful?

It takes approximately 50 times more water to recycle cardboard than it does to recycle plastic?

Recycling cardboard requires massive amounts of water and energy in order to remove ink, bleach and re-pulp the paper, etc.

While recycling cardboard is still a more environmentally friendly option than sending it off to landfill, it's even better if you can find a way to reuse it.

Organize Your Office Supplies

Use your old cardboard tubes to make a handy organiser for your desk! Start by cutting tubes down to different sizes to make the stuff in the back more accessible. Arrange them into a small box and glue them into place. Decorate it however you want for a cute and FREE desktop organiser!



Keep Pants Crease-Free

Use a tube from a roll of paper towels (or two toilet paper tubes) to help keep your pants and slacks free from wrinkles. Just slice the tube(s) open lengthwise, slip them onto the bottom of a hanger, then tape them closed. Hang your pants over the tube to keep them from getting creased while hanging.

Organise Cables and Cords

Use a cardboard tube to keep cords and cables tidy. Just wrap the cable up and slip it into the tube. Label the tubes with the type of cord or cable for easy identification!



Keep Hair Tools Tidy

Tired of the cords of your hair tools getting tangled? Use cardboard tubes to keep them organized! Just wrap the cord up and slip it into a tube. For smaller tools like flat irons, you could also slip the tube over both the tool and the cord.

www.onegoodthingbyjillee.com

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.

The Chamber of Commerce and 'Visit Bowraville' facilitated the very successful twilight cruise of over 100 hot rods in town on 27 September. Visitors and locals alike came out to enjoy the event which included even the touring yellow school bus for kids rides. Food venues such as the pub and new takeaway were very busy, the Lions even had to restock on sausages, and the supermarket and bakery stayed open later to cater for the good demand - A good night for the community and for its businesses.

A shout-out to the Nambucca Valley Council who had come to town and done a great job of cleaning footpaths, repairing road surfaces and a spruce up before this event.

The Chamber is looking to support more such events in the future, an idea strongly supported by the local businesses. Your input always invited.

Recently the Chamber initiated the instalment of a rubbish and a butt container outside the supermarket, and this has been well received with observations that the waste in the area has reduced. Further action on this issue is being discussed.

Chamber is working with local youth towards the development of a community gym.

We note the projected closure of the BCU branch in town. Such closures are common as digital banking becomes the norm.

Robynne McGinley has once again entered Bowraville into 4 categories of the NSW Tidy Town awards and will be representing the Chamber in the awards ceremony in Singleton on November 4. This years entries for the refurbishment of the Cedar Grove dray by the youth of Shoretrack, recycling by indigenous rangers, community resilience of Phoenix and overall town highlight the pride we have in our small town.

The AGM of the Bowraville Chamber of Commerce will be held before the regular monthly meeting on Tuesday December 6 at 5pm at the Bowra Hotel.

All are welcome to attend but only members are entitled to stand for positions or to vote.

Hope to see you there. Enquiries to 0401481501

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



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

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

Phone: 6568 9029

email: nambuccaanglicans@tpg.com.au

7/11

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

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

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

ST. JAMES CHURCH HALL

7/11

Could the Senate inquiry into missing and murdered Indigenous women and children prevent future deaths?

Public hearings have officially commenced into the Senate Committee Inquiry into Missing and Murdered Indigenous Women and Children. The inquiry has found “Murder rates for Indigenous women are eight times higher than for their non-Indigenous counterparts”. This came as no surprise to many who have worked in the field for a long time.

In fact, these numbers are likely to be higher when they include manslaughter rates. The rate at which women are murdered in Australia over time (2005-06 to 2019-20) has been declining. But according to the Homicide Report Australia 2019 -20, report, this sadly is not the case for Indigenous women.

When women are murdered in Australia, there is understandable outrage, displays of grief and often moments of reflection in our parliament.

However, there is mostly silence in the media and in public discussion about the violence Indigenous women experience.

This inquiry has the potential to provide a voice to the Indigenous women and children we have lost and continue to lose to violence as well as ending the silence that follows.

What is this senate inquiry?

In November 2021, First Nations Greens senators Dorinda Cox and Lidia Thorpe called for a Senate inquiry into the high rates of missing and murdered Indigenous women and children in Australia. Through measures including hearing testimony from survivors of violence and examining police responses, this will be an opportunity to investigate what can be changed to better address violence against Indigenous women and children in Australia.

Available data tell us Indigenous women represent up to 10% of unsolved missing persons cases in Australia, many of whom are presumed dead. Indigenous women are also 30 times more likely to be hospitalised for assault-related injuries. As part of its public hearings the inquiry is examining these damning statistics.

However, the inquiry is also delving deeper, asking more about the women’s stories with the intention of going beyond statistics to hear how people are affected by their experiences of family violence.

- *theconversation.com*

To Market, to market . . .

Nambucca Plaza Lions Market- 2nd Sunday every month.

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

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

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

Bowra Country Markets - 2nd Saturday each month Pioneer

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

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

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

Community Woodworking Shed - The Depot



In days gone past “the depot” was the local hub for Bowraville’s council works. These days it has been setup as a woodworking shed by Steve Douglas and his off-sider Andrew.

The Community Woodworking Shed at The Depot, as it is called, provides supervised woodworking classes on Thursdays 1:00 pm to 4:00pm, or by appointment.

You can gain experience and knowledge in using a multitude of woodworking equipment while creating and building useful projects.

Steve has been involved in the community providing palliative care and supervising lawn mowing work crews for several years associated with Phoenix. He is now devoting his talents to teaching woodworking classes.

Email:

stevedouglas101@gmail.com or Phone: 0414 516 829 for bookings.



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.



What's on in NOVEMBER 2022

BOWRAVILLE THEATRE

Friday, 4th November 2022 @ 6pm

Kim Churchill with special guest Jason Lowe

This is an alcohol free, family friendly event for all ages. Kim Churchill's laidback folk style continues to strike a chord with industry and fans alike. Raised in the coastal town of Merimbula, the songwriter was previously crowned Australia's National Youth Folk Artist of the Year and nominated for the National Live Music Awards Roots Act of the Year. Jason Lowe has a highlighted career spanning over a decade the singer songwriter is a veteran of the Australian music scene.

Doors open 6.00pm. Music starts 6.45pm



Sunday, 9th October 2022 @ 2pm

Smoke Between Trees

An intimate portrait of a reluctant grandfather on a heart-warming journey of transformation - one that will lead him back to a home unlike any he ever imagined.

Tickets: Adults \$14 – Pensions/Concessions \$12

Members & Kids \$10

Family \$35



Sunday, 27th November 2022 @ 2pm

Paco Lara presents new show 'Duende'

The virtuoso Spanish flamenco guitarist Paco Lara's recent successes at the Sydney Opera House and Adelaide Guitar Festival in 2021 and his 2022 national tour with the Andalusian Guitar Show are placing Lara's flamenco flair at the top of the Australian music scene. Paco is now taking his new album 'Duende' on tour from November 2022. Paco will pay tribute to Australia by interpreting "Advance Australia Fair and Waltzing Matilda" in flamenco style.

THIS IS AN EXPERIENCE NOT TO BE MISSED! You will be transported to Southern Spain with Paco and his incredible ensemble.

Tickets online \$45



Bowraville Theatre - 74 High Street, Bowraville

For further details Ph: 02 6564 7808

Email: bowravilletheatre@bigpond.com

www.bowravilletheatre.com.au

The benefits of arts and crafts

A love of creating has surprisingly positive effects on your health.

If painting, sculpting, drawing, scrapbooking or photography are hobbies of yours, you've been unknowingly promoting positive health while you create. There are more benefits of arts and crafts than just enjoyment, ranging from enhancing self-esteem and increasing brain productivity, to even lessening the effects of serious health conditions. Following are 6 benefits of arts and crafts . . .

Stress relief

When you become immersed in creating art, your mind is able to break away from pressing or distracting thoughts and focus on the task at hand. This creates a meditative state where concerns are momentarily forgotten, in doing so lowering stress levels and creating mental clarity.

Confidence boost

Seeing the finished work of your creative venture provides a burst of self-esteem that brightens the mood by increasing the neurotransmitter dopamine. Known as the feel-good molecule, dopamine reduces feelings of depression and generates confidence. Creative endeavours have the ability to instil a sense of achievement in the creator, which naturally promotes happiness.

Increases empathy

Learning about art and engaging in art has the ability to change the way you think and feel. A neurobiologist at University College London found that even just looking at art can provide enjoyment and increase critical thinking skills and that people who view or create art are more tolerant of other people and also show more empathy.

Improves quality of life for those with illness

The creative process lessens psychiatric symptoms and enhances patients' pleasure and social behaviour - According to physician, Dr Arnold Bresky who uses art therapy to treat Alzheimer's patients. Dr resky says his patient's memories have improved by 70% since engaging with art.

Enhances brain productivity

The increase of dopamine caused by creating art and craft enhances the creation of new neurons, which promotes focus, concentration and readies the brain for learning. By creating art, you strengthen the connectivity between the brain's left and right hemispheres, in doing so boosting psychological resilience and productivity.

Lessens effect of serious health conditions

Analysing more than 100 studies about the effects of art on mental and physical health, researchers found that the medium had multiple positive effects on those suffering from major health concerns. The subjects studied experienced less stress, were able to express their feelings more easily, and managed to maintain the identity of their former self through art. Pediatric oncologist Dr. John Graham-Pole uses art to help patients and staff cope with hospital. He says that "art is a social determinant of our health. It doesn't cure a particular disease, but benefits whatever ails you".

- www.mindfood.com/article/the-benefits-of-arts-and-crafts/

“Hi Mum” scams spike - *Continued from Page 6*

relative or friend, start by calling them on the number already stored in your phone to confirm if it's no longer in use. If they pick up – you know it's a scam”.

“If unable to make contact, you should try a secondary contact method to verify who you're speaking to. If you still can't contact your family member or friend, consider asking a personal question a scammer couldn't know the answer to, so you know the person you are speaking to is who they say they are.”

Above all, never send money without being absolutely sure who you are sending it to.

Over two-thirds of family impersonation scams have been reported by women over 55 years of age, accounting for more than \$1.4 million in losses.

These unscrupulous scammers are targeting women and older Australians, with 82 per cent of family impersonation scams reported by people over the age of 55, accounting for 95 per cent of all reported losses.

If you have reason to believe you have been scammed, contact your bank as soon as possible as they may be able to find where the money went, block scam accounts and help others to avoid sending money to scammers.

People who detect a scam, regardless of whether they have lost money, can report scams and learn more about how to get help on the Scamwatch website at scamwatch.gov.au

They can also follow @scamwatch_gov on Twitter and subscribe to Scamwatch radar alerts to keep up to date with advice for avoiding the latest scams circulating in the community.

If you have provided personal information, as most victims have, contact IDCARE idcare.org/contact-us immediately.

More information about scams can be found in the ACCC's latest Targeting Scams report.



*Jimmy's Kitchen
Christmas Day Lunch '22
returns to St James Church Hall
December 25th*

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Putting community back into the Bowraville Community Centre

‘A community lead approach to building our local Bowraville economy is an incredibly vibrant concept to contemplate,’ says local councillor and Bowraville resident Susan Jenvey.

‘The Bowraville community has this amazing asset. A main street building with Wi Fi that could be but isn’t used enough. The Bowraville Community Centre could be the most amazing incubator, micro business workspace that builds community wealth, values, and skills,’ says Susan Jenvey. It needs people with fresh ideas and shared values to come together to keep this asset in community hands’.

The Bowraville Pioneer Community Centre is in danger of not being able to form a Management Committee for the year 2023. So say the members of the current Management Committee.

The Community Centre was donated to the Nambucca Shire in 1975. A community committee managed the centre until 2009 when Council decided to sell the building. Then a community association, The Bowraville Community Development Association Inc. was formed to hold the title of the building for the community. Thus, the community manages the building by managing the Association.

The AGM for the Bowraville Community Development Association was scheduled for Oct, 10th but this has been postponed to Wednesday, 30th of November. This is to give the Management Committee time to run a Membership Drive through November.

The plan is to lower the Membership fee to \$5 per year. There will also be a survey circulated to the community where you can have a say on what you think is important.

There will also be a public meeting, held at the Community Centre during the week prior to the November 30th AGM. It will be for all those who want to see community wealth building and want to share their values and ideas around maintaining this asset for future uses for members of this community.

The building has been renovated from the foundations to the roof. There are funds on hand to finish the renovations of the building’s facade.

The building houses Aunt Emily Craft groups sales room, it also houses a large space that can accommodate all sorts of classes, the monthly community market, parties and exhibitions. There are rooms of various sizes which can be used by community groups as well as private enterprise.

The few members volunteering on the Management Committee are sure the community won’t let this community asset go for lack of a Management Committee.

In the past the building has given birth to; The Bowraville Play Group; Aunt Emily’s Craft Group; Community Radio, Radio Nambucca Inc; Bowra Country Markets; and Nambucca Valley Conservation Association.

It has held Music Nights which were broadcast live to air, and countless art and or craft exhibitions.

In the late 1970s it managed a CDEP scheme to unify all under one roof.

Early Committee members who have now passed include: Alan Usher, Erin Kelsey, Marion Collins, Ellen Motley.

Why not come and add a modern update to this community space – a hot desk, a podcast studio, a table of goods, an unusual service, or remove barriers to isolation and build wellbeing with communities of interest? The sky is the limit - it just asks you to participate. The reward is linking arms and giving hope to potential.

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10/11

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2022										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 Lawrie Medbury	Dirt Music With Stuart Cope	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claressense Claire Watt-Powell	2NVR With Naomi Wenitong	Here Be Dragons Nuke or Elizabeth	Paint Ya Wagons Red Sean & Tim	6 AM			
7 AM	Jazz Made in Australia Talented Aus Musicians	Jazz Made in Australia Talented Aus Musicians	Gold at Breakfast Dayna Gold	Get that musical claressence!	Step Back in Time With Mark Barnes	No-fear fire and ice music	All the beats and all the drum	7 AM			
8 AM	Markets info, news, movies, local news. Nude.	Tuesday Roundup With Rachel Burns	Wake up with Dayna. It's gold.	The Sit Down With Clint Waaka	Continental Drift Music of the world...	Travel Tales Beverly Gibbs	Sunday Morning Music With Phill	8 AM			
9 AM	Classic Hits & Jukebox Paul Rowe	Two For The Money Paul and Rachel Burns	Smoko with Gazza With Gary Biden	Interviews, music, history, culture and good times!	Talk Of The Town Cen Wrobel	Flashback With Rob Davidson	Folk and Aussie music focus from the past few decades	9 AM			
10 AM	Great Rock 'n' Roll 1950s-2010s	Music, banter and double the fun!	90s 20s 80s 90s	Turning Pages Elizabeth Newman	See what's going down! All things local	Garage Noise With Sean Ambrose	Scoob's Smorgasbord With Scoobs	10 AM			
11 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Orrego, Dale & Ron Hawkins	Mystical Music & Musings With Luise	Cinemascope & The Assignment (BBC)	Real World Gardener & All the Best	Phase Out With Faye Faye Aspiotis	You never know what you'll get. It's a musical feast!	11 AM			
Noon	The Weekley Fix Paul Weekley	Life Words with Linda Bible reflections, Gospel & Australiana	The Bohemian Beat Riddhi	Fine Music Live On stage	Dhirendra The Time Traveller	Peter's Pops With Peter K	That's A Wrap Donna, Nigel, Mitch, Gary & Les	Noon			
1 PM	Groovin With Grace Grace plays her favourite modern music	Rock On With Jimmy & the Bluebirds	The Chill Corey Barnett	Blues Roots n Boots A heart journey	Timeless Albums	Lots of Aussie music old and new	Local sports calls and in-depth analysis	1 PM			
2 PM	Sister Act Olivia & Sam	Retro Birds Robyn Wren & Sally Swan	MC Grim Mark Seagrims	Arts Alive A National perspective	Jammin' With Gin Gin's terrific tracks!	Aussie Music Weekly With Noddy	Praise, Prayer & Pop With Michelle	2 PM			
3 PM	Blues Soul Funk Matt Leibrand & friends	Not out of the box radio entertainment	Loudhouse With Alex	Thursdays Country Trickivict	Turn Up The Volume With Macca	Saturday Date With Stu	The AntiSF Radio Show With Nuke	3 PM			
4 PM	Blues Soul Funk Matt Leibrand & friends	Blues Soul Funk Matt Leibrand & friends	2NVR Youth Radio	When Only The BEST BLUES Will Do	School's In from 5pm and Studio 3 from 6-8pm on the 3rd Friday of each month.	Wangli, Wonga Mirri With Stu	Imagine This Radio drama	4 PM			
5 PM	Blues Soul Funk Matt Leibrand & friends	Blues, soul, funk and lively interviews.	Ant's Rock Anthony Gansney	Space Nuts & Overdrive	Saturday Night Gold On Friday	Wolfy Wolfy's music & requests	Prog Rock Playlist Rhino	5 PM			
6 PM	Blues Soul Funk Matt Leibrand & friends	2NVR	Solid Rock	Meet Me... at the Movies	With Allan Quinn	2NVR Overnight Music Mix	The best of Progressive Rock	6 PM			
7 PM	Blues Soul Funk Matt Leibrand & friends	Overnight Music Mix	Ant's Rock Anthony Gansney	2NVR Music Mix	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	7 PM			
8 PM	Blues Soul Funk Matt Leibrand & friends	Overnight Music Mix	Ant's Rock Anthony Gansney	2NVR Music Mix	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	8 PM			
9 PM	Blues Soul Funk Matt Leibrand & friends	Overnight Music Mix	Ant's Rock Anthony Gansney	2NVR Music Mix	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	9 PM			
10 PM	Blues Soul Funk Matt Leibrand & friends	Overnight Music Mix	Ant's Rock Anthony Gansney	2NVR Music Mix	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	10 PM			
11 PM	Blues Soul Funk Matt Leibrand & friends	Overnight Music Mix	Ant's Rock Anthony Gansney	2NVR Music Mix	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	11 PM			
Midnight	Blues Soul Funk Matt Leibrand & friends	Overnight Music Mix	Ant's Rock Anthony Gansney	2NVR Music Mix	Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Midnight			

AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am

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