



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

OCTOBER 2021 ~ ISSUE #200 ~ FREE ~ CIRCULATION 200 ~ POSTCODE 2449

IT'S BUSHFIRE SEASON

PREPARE YOUR HOME

Make your home safer with these 5 Actions

*There are things you can do around your home to prepare it for a bush fire.
You need to do them well beforehand as leaving it to the
last minute can be too late.*

*Below are five simple jobs you can do before and during the bush fire
season.*



1. TRIM

Trim overhanging trees and shrubs. This can stop the fire spreading to your home.



2. MOW

Mow grass and remove the cuttings. Have a cleared area around your home.



3. REMOVE

Remove material that can burn around your home (e.g. Door mats, wood piles, mulch, leaves, paint, outdoor furniture).



4. CLEAR

Clear and remove all the debris and leaves from the gutters surrounding your home. Burning embers can set your home on fire.



5. PREPARE

Prepare a sturdy hose or hoses that will reach all around your home. Make sure you've got a reliable source of water.

Join your neighbours in completing these 5 Actions to protect your homes.

BOWRAVILLE COMMUNITY NEWS

CIRCULATION = 400 COPIES

Newsletter is also available online at:
www.bowraville.nsw.au/newsletter/

2020 ADVERTISING CHARGES:

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

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

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

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

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

Front Cover (1 issue) - \$60 issue

ALL ADVERTISING ENQUIRIES TO
cherieodonohue@bowraville.nsw.au

DEADLINE FOR COPY FOR **THE NOVEMBER 2021** **ISSUE IS: 4:00PM**

TUESDAY, 19th OCTOBER 2021

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

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

BOWRAVILLE TECHNOLOGY CENTRE
39 High Street, Bowraville NSW 2449
Telephone: 6564 7420
e-mail: admin@bctc.com.au

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 Technology Centre

Open 9.30am to 4.00pm Weekdays

Internet Services

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

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

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

Facility Hire

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

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

Full day up to 8 hours - \$100.00

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

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

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

Full day - up to 8 hours \$40.00.

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

ALL ADVERTISING ENQUIRIES to
cherieodonohue@bowraville.nsw.au

ADVERTORIAL and GENERAL
CONTENT ENQUIRIES to

sue.smoothy@bowraville.nsw.au

or 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

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

Bowraville now has it's very own 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.



**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

The advertisement features a central title "FITTING TURNING MACHINING" in large, bold, red, block letters. The words "FITTING" and "TURNING" are on the top line, and "MACHINING" is on the bottom line. Two grey wrenches are positioned on either side of the top line of text. Below the title is a yellow rectangular box containing the phone number "0408 964 433" in red. Underneath the phone number is the name "Steven Jeffries" in a black, sans-serif font. Below the name is a line of text in a blue, italicized, sans-serif font: "Turning - Milling - Welding - Repairs - Parts Made" followed by "Worn Shafts Re-Built - Aluminium & Stainless Welding". Below this is the address "2 Park Street Bowraville 2449" in a black, sans-serif font. At the bottom is a yellow rectangular box containing the website URL "www.fittingturningmachining.com.au" in black, bold, sans-serif font. On either side of the central text, there is a small graphic of a green branch with leaves and a red bow.

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.

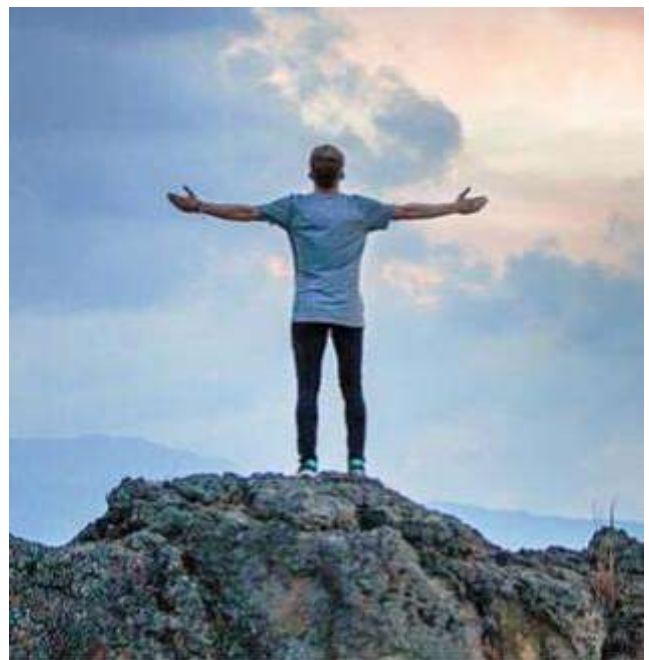
For technical issues contact BTC for a booking.

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

“We all have two lives.

The second one starts when we realise we only **have one.**”

- Confucius



Check out the Bowraville Technology Centre's DVD Library

The DVD Library operates on the same basis as our very popular Book Nook,

ie: an honesty system - and if borrowers would like to make a donation of \$1 each time they borrow it would be appreciated.



A limit of 2 DVDs per borrower.

Special offer to community groups

Save on paper and ink!

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

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



**Bowraville Chamber of
Commerce Notice of
2021 Annual General Meeting**
Tuesday, 5th October 2021 at 5pm
At Bowraville Ex-Services Club

**Bowraville Community
Development Association
Incorporated (BCDAI)**
Notice of Annual General Meeting
Monday, 11th October at 4pm
Pioneer Community Centre
70 High Street
*(Including acceptance of new
members, an SGM for constitutional
changes and a general meeting).
Welcoming community participation.*

Bowraville Seniors

Our little club was thrilled to meet up again at The Folk Museum on the third Friday in September. As we have been in recess since we met for our very successful Biggest Morning Tea in May we were finally able to welcome our guest speaker, member Gae Channells, to take the floor and introduce us to the joys and

tribulations of house sitting. Our October meeting will be at the Coach House Inn if open, otherwise at the Folk Museum, at 11am. Of nine attending 8 were fully vaccinated against Covid and the 9th to get her jab next week. Congratulations to all.

Bowraville Garden Club

Although Covid restrictions were eased by our September meeting day a meeting was not planned so we will arrange a meeting for the second Saturday in October and, depending on restrictions, we will work around that. Members will be notified. It is with great sadness that we report the death of inaugural member and long-time treasurer Barbara Wells. She will be sadly missed as will our visits to her lovely garden. Our condolences go to all the family.

BowraMacksville Hospital Auxiliary

When restrictions were reintroduced the Hospital Café was closed as the hospital went into red alert which

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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

1/1

Cybercrime is on the Increase

According to ACORN, scams or fraud were the top reported cybercrime in the April to June quarter, amounting to more than half of 13,687 reports made — up from 10,810 made during the same period two years ago.

It would not give details on how many of those reports were investigated or resulted in arrests. It referred the ABC to local law enforcement agencies which, in turn, referred enquiries to ACORN.

Banks such as the Commonwealth Bank (CBA) undertake their own investigations into scam claims and, if the customer is deemed not at fault, will refund a victim's money.

"We invest in state-of-the-art fraud prevention and detection technology and have a dedicated team who actively monitor unusual or suspicious activity," a spokesperson said.

However, if a customer had offered their password and account details to a third party, such as a budgeting app for example, they may be considered at fault.

"Customers should never give their PIN, account details or NetBank details to anyone," the spokesperson said.

"Likewise, they should only send money to people they know and trust."

Cyber crime crossing borders

A spokesperson for the Australian Crime Intelligence Commission, which oversees ACORN, said cases were investigated based on the type of incident, where a suspect was located, and whether the report included "sufficient information about the offender".

"Unfortunately, due to the nature of cybercrime, not all reports can be investigated," she said.

"Many perpetrators are located overseas and often money cannot be recovered if sent via wire transfer services."

'IT security is dead'

Australian Privacy Foundation chair and University of NSW privacy and surveillance stream leader David Vaile said the concept of IT security was all but "dead".

"You've got personalised attack tools that are generated on an industrial, automated AI scale and the distribution of them is very, very sophisticated, often relying on things like botnets and malware but also the human factor in scamming mechanisms," he said.



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WHAT'S HAPPENING IN BOWRA

meant no volunteers were allowed in the hospital. However, the next meeting of the Auxiliary will be held at Bowra Recreation Club on Friday 8th October, commencing at 10am. Hopefully we might be able to plan a Christmas get together by December.

Bowraville Recreation Club

Work on the new golf course is going well with all greens planted, mounds being smoothed over and many of the tracks flattening out. We are still playing the first 5 holes and the 9th of the old course three times. Some of our senior ladies, 80 and 90-year-olds had a try at hitting over the scary new 9th. Results were varied. Women's pennant team have not been defeated this year, but final games have been abandoned. Bowls championships got underway in September. The ground is ready for the building of our new club house, car park and bowling greens. A big thank you goes to the volunteers who are helping this happen. Hopefully the golf course will open in November and the other next year.

Bowraville Water Filling Station

The Filling Station has been constructed to cater for anyone wanting access to potable water including residents living in rural areas, water carters and travellers.

The station has both a 25mm and 80mm outlets and consumers need to provide their own hoses to transfer the water from the station.

Payment is made via credit card following the instruction noted on the station and the cost of the water will be \$7.00 per kL.

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

10/11

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

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



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1000

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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

10/11

FREE POOL Everyday

CRAIG BELLAMY@realty

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

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

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

10/11

Friendship Lamps connecting loved ones around the World

Due to the Coronavirus and the measures needing to be taken many people are feeling disconnected from their family members and friends. To help combat those feelings of isolation long distance Friendship Lamps are being used by those savvy enough to have found them online and say they are working their magic.

Friendship Lamps are small lamps which are connected to one or more other lamps via the internet. Meaning, that if you have one lamp and someone you love has another, no matter where they are in the world, you can let them know you're thinking of them simply by turning on a light.

With two or more lamps connected by Wi-Fi you can just give yours a touch to light them all up. There are different light colours you can choose to turn on too so you could even develop a colour-coded message system.

Coming in sets of 2 you and your friend/lover/sister are good to go. Or you could buy more, connect them all together, and no one in your circle will feel left out.

Simply tap your lamp and your friend's lamp will turn on! Send colours, convey messages and bridge the gap in the distance that separates you!



- www.lifehacker.com.au

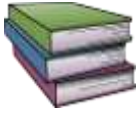
Did you know? Amazon.com is not its original name

Jeff Bezos tried several different names for his business before he settled on Amazon. The very first name he registered was Cadabra Inc. After feedback about the name being too obscure the entrepreneur decided to change the name to something different.

Bezos registered his website with many other names before arriving at the current version - amazon.com - which is now recognised worldwide. Some of the earlier domain names were aard.com, awake.com, browse.com, bookmall.com and relentless.com. Among all these names he still owns the name *relentless.com*. The site *relentless.com* however, redirects to *amazon.com* today.



-levelup.gitconnected.com



BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

The Current by Tim Johnston



This is a mystery wrapped in a study of the effects of grief on a small town. College students Audrey Sutter and Caroline Price are not fond of each other

when they're paired as roommates, however, when they are forced by circumstance to sit next to each other in class, Caroline breaks their silence by turning to Audrey and asking for a pencil.

From then on they're inseparable. And so, when Audrey finds out her father, Tom, is dying of cancer, she asks Caroline for a ride to the bus stop but Caroline, on the spur of the moment, offers to drive Audrey the 700 plus miles home.

An event at an icy rest stop sets the tone for what's to come. When Audrey takes longer than she should in returning to the car Caroline gets out into the frigid night to investigate.

After an unpleasant altercation they make it back to their SUV, and are soon on a long icy slide down a hill, aimed straight for a bridge. They actually come to a stop without plummeting into the water, but headlights coming up behind them send them out onto the ice that covers the Black Root River.

Audrey survives, with a broken arm, but Caroline doesn't. Audrey sets out to find out who was in that car that pushed them into the river and left them for dead. All Audrey remembers is seeing a truck that paused at the edge, then left, while she was hanging onto the RAV4 that was slowly sinking into the ice.

Meanwhile, her father can't help but think about a case he never solved. Ten years ago 19-year-old Holly Burke, who was found dead in that same river, but she was still alive before she went into the water.

Her father, Gordon, still grieves for the daughter he lost and can't help but see parallels in Audrey and Caroline's case. He also hasn't let go of his anger over Tom's failure to solve her case.

There was a suspect named Danny Young, and a separate narrative covers the time directly after Holly's death, and the aftermath of the suspicion cast on Danny.

What does that have to do with the current case? Johnston builds a complex web of menace and expertly weaves past and present together into a suspenseful, hypnotic, and compassionate story.

Johnston's prose is lovely and it carries along much like a current might but beware there are plenty of rocks to watch out for.

- edited from - www.criminalelement.com

BOOK NOOK NOTICE

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

Thank you.

Now at the BTC A DVD Library

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

10 Steps for Living Well with Arthritis

By taking an active role in understanding and treating your conditions you will experience less pain and stay more active than those who feel there is nothing they can do.

Here is a 10 steps checklist to help you live with arthritis.

1. Take control by knowing your disease

Spend the time to understand what type of arthritis you have and then discover the best ways to improve your condition.

Many people with arthritis say that learning about their arthritis and what they can do about it gives them back a feeling of control over their lives and their health.



2. Don't delay, see your doctor

Because arthritis can get worse if left untreated you need to see your doctor as early as possible to get a proper diagnosis. This will help you understand your arthritis and develop a plan for managing it. Early diagnosis and treatment can limit the effects of arthritis on your life and help you stay active and independent.

3. Work with your healthcare team and be an important part of it

The best way to live well with arthritis is by working closely with your healthcare team. It may include a variety of healthcare specialists, such as doctors, pharmacists, physiotherapists, occupational therapists, podiatrists, nurses, psychologists and complementary medicine practitioners. Your doctor may also refer you to a rheumatologist (a specialist in conditions that affect the joints and the structures around them).

Remember, you are the most important member of your healthcare team. Make sure you establish and maintain good communication with all the other members.

4. Know about your treatment options

There are many treatments to relieve pain and stiffness and slow the development of your arthritis. Work with your healthcare team to find a combination of treatments that best suits your type of arthritis, the joints affected, the amount of pain or other symptoms you experience and your lifestyle.

5. Find new ways to stay active

Research has found that regular exercise is one of the most effective treatments for arthritis. It also helps to improve your overall health.

Not all forms of exercise are appropriate for every kind of arthritis. Before you start to exercise it is important to ask your doctor and healthcare team to help you develop a program that will suit your type of arthritis, general health and lifestyle.

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BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



Managing the pain of arthritis

Talk to your doctor or pharmacist about the right medicine for your arthritis.

Learn about your medicines including how to take them and possible side effects.



Analgesics (simple pain relievers)

Pain relievers are often the first medicine your doctor will recommend to help with pain. Some pain relievers are available without a prescription while others must be prescribed by a doctor.

Types: Paracetamol and Voltaren are simple pain relievers that may ease mild to moderate pain. There are also stronger pain relievers such as a combination of paracetamol and codeine, tramadol and a range of morphine-like medicines (opiates).

Effects: Pain relievers act on the nervous system to reduce pain. They do not affect other symptoms such as joint swelling or stiffness.

Talk to one of the friendly girls at Bowra Pharmacy for more information.

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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



What's the difference . . .

Between Vegan and Vegetarian?

Vegetarian diets have reportedly been around since as early as 700 B.C.

Several types exist and individuals may practice them for a variety of reasons including health, ethics, environmental and religion.

Vegan diets are a little more recent but are getting a good amount of press.

This article looks at the similarities and differences between these two diets.



What Is a Vegetarian Diet?

According to the Vegetarian Society, a vegetarian is someone who does not eat any meat, poultry, game, fish, shellfish or by-products of animal slaughter.

Vegetarian diets contain various levels of fruits, vegetables, grains, pulses, nuts and seeds. The inclusion of dairy and eggs depends on the type of diet you follow.

The most common types of vegetarians include:

- **Lacto-ovo vegetarians:** Vegetarians who avoid all animal flesh but do consume dairy and egg products.
- **Lacto vegetarians:** Vegetarians who avoid animal flesh and eggs but do consume dairy products.
- **Ovo vegetarians:** Vegetarians who avoid all animal products except eggs.
- **Vegans:** Vegetarians who avoid all animal and animal-derived products.

Those who do not eat meat or poultry but do consume fish are considered *pescatarians* whereas part-time vegetarians are often referred to as *flexitarians*.

Although sometimes considered vegetarians, pescatarians and flexitarians do eat animal flesh. Therefore, they do not technically fall under the definition of vegetarianism.

SUMMARY:

Vegetarian diets exclude meat, poultry, game, fish and shellfish. Certain types of vegetarians also exclude eggs, dairy or other animal by-products.

What Is a Vegan Diet?

A vegan diet can be viewed as the strictest form of vegetarianism.

Veganism is currently defined by the Vegan Society as a way of living that attempts to exclude all forms of animal exploitation and cruelty as much as possible.

This includes exploitation for food and any other purpose.

Therefore, a vegan diet not only excludes animal flesh, but also dairy, eggs and animal-derived ingredients. These include gelatin, honey, carmine, pepsin, shellac, albumin, whey, casein and some forms of vitamin D3.

Vegetarians and vegans often avoid eating animal products for similar reasons. The largest difference is the degree to which they consider animal products acceptable.

For instance, both vegans and vegetarians may exclude meat from their diets for health or environmental reasons.

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Bowraville Lions Club Inc

News Bulletin

OCTOBER 2021



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

Australian Lions Childhood Cancer Research Foundation

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



Australian Lions Children's Mobility Foundation

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



Camp Getaway

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



Hearing Dogs

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



Lions NSW/ACT Save & Health

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



Nurses Scholarships

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



Youth Exchange

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



Youth of the Year

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





Ngambaga Bindarray Girrwa Community Services Aboriginal Corporation

ABN:19746606729

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

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

Address: 1/53 High St, Bowraville,

Web: nbgscommunityservices.com.au

Email: admin@nbgs.com.au



CHSP & NRCF (In the Nambucca Valley)

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

The Coordinator will work with you and/or your Carer to a Care Plan to ensure that your care and support needs are met. It's not uncommon for Carers to become exhausted and overwhelmed. That's why it's so important to take a break – called 'respite'. By taking time off you get a chance to look after your own physical and emotional needs.

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

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

- Early Links Mission:**
- Build confidence to achieve your goals
 - Develop your existing support networks and create new networks
 - Look at ways you can participate and be a part of your community.
- Early Links Vision:**
- "Every child, every opportunity"
 - "Communities where every child participates and every family is respected"



Bowraville Central School's Year 12 Class of 2021



It has been particularly tough time for Year 12 2021. They spent time in lockdown last year, time at home this year because of the floods in March and then as we all know too well, recently spent more time in lockdown.

Usual celebrations of farewell assemblies, formals, award presentations and all those rites of passage that would normally be taken for granted have been suspended.

Bowraville Central School's Year 12 have shown remarkable resilience.

On Monday 13 September Executive Principal, Dave Taylor, Year 12 Advisor, Josh LeCerf, and Careers Advisor, Eve Riches, offered support and congratulations to Year 12 in a COVID safe gathering. Mr Taylor presented students with their final school academic reports. Students were then presented with a 'Little Box of Resilience'. Accompanying the box was a pamphlet with the following words:

"This year has been nothing like what you expected but you have made us proud of your Resilience, Responsibility, Respect and Teamwork. We hope this little box brings you some strength and support. Most of all we hope it makes you smile."

The pamphlet also explained what the 33 items in the box represented - things like a pack of smarties to remind them how smart they are, a diary to remember to plan ahead and a balloon to remind them to reach for the sky.

It is hoped that this remarkably resilient Year 12 Class of 2021 may still get to celebrate with a traditional Formal Dinner later in the year.



*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
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as well as the form and contents
of the fertiliser itself.*

*Call in to Norco and speak to
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10/11

How to Make Seed Tape for Easy Planting



You may already have plants in the ground or you may be cleaning up and preparing your garden space. Wherever you may be in your process it's always nice to figure out a way to streamline things a bit. That's why some clever person invented seed tape - a roll of perfectly spaced seeds contained in a strip of paper that you cut to whatever length you want. But rather than purchase seed tape, especially if you already have seeds at home, why not make your own?

It's easy to make, economical and time saving. It also helps prevent seeds from being washed away or forced too deeply into the soil when they are first watered.

Often the *morning* you set aside for planting turns into a *full-day project*. Using seed tape speeds up this process as you won't be fishing individual seeds out of their packet and placing them in individual holes.

Instead it's as easy as digging a trench to the proper depth a length, rolling out the seed tape and covering it with dirt!

Here's what you'll need:

- ◆ White party streamers
- ◆ Measuring tape or ruler
- ◆ Marker
- ◆ Seeds
- ◆ Prepared corn starch "glue" (recipe below)
- ◆ A small paintbrush (optional)

First, make a simple plant-based "glue" to help your seeds stay in place on your "tape."

Continued on Page 18

Ashes 2 Green:

Finding hope after the valley bushfires and floods

'Ashes 2 Green' (A2G), due to start on 22nd August, was postponed due to the NSW State Stay at Home Orders.

The full complement of registered participants will be notified when a new date is confirmed.

The Ashes to Green project is designed to bring together young people from across the Nambucca Valley who have been affected by the 2019 bushfires and 2021 floods.

It's important people have a chance to come together to share their experiences of the fires and floods to heal and build resilience. This is also an opportunity for people to have a voice about our changing landscape and planet due to climate change.

There will be opportunities to connect with other people in your area who have been through similar hard times, to share stories, experiences and food together, to have fun and laugh, to slow down and relax in nature, to find hope again amongst the ashes.

The project is a collaborative effort between National Parks Association (NPA), Caitlin Hockey (Bush Grazing), Spirit of the Rainforest, Trudi Hayes (Bloom Wellness and Creation) and Lucy Van Sambeek (Metaphorically Speaking) and is funded through the Bushfire Recovery initiative by Healthy North Coast.

- npansw.org.au

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The museum houses a fantastic collection of military memorabilia and artefacts including uniforms, medals, weapons, vehicles and much more.

This museum is a 'must see'.

Open Monday - Friday 10am to 3pm
Saturday & Sunday 10am - 12 noon
or by appointment.

Admission by Gold Coin Donation.

29 High Street, Bowraville 6564-7056
enquiries@militarymuseum.org.au

8/11

~ GARDENS & GARDENING ~

From Page 16

In a small saucepan combine one cup of water and one tablespoon of corn starch and mix well. Cook the mixture over medium heat stirring almost constantly until it starts to boil and make a gel. Once it has gelled remove the pan from heat and allow the mixture to cool to room temperature.

Once the glue is ready you can start preparing your streamers. Use white streamers to reduce the chance of dyes seeping into your soil. Cut a piece, or several if you're making seed tape for multiple plants, of white party streamer to the length you want your row to be.

Next, using a measuring tape or ruler measure out the recommended spacing between the seeds as per your seed packet. Mark the intervals on one side of the streamer. (You'll eventually be folding the streamer in half lengthwise which is why the marks are made off to one side.)

Next, use a small paintbrush or your finger to place a dab of corn starch glue onto each mark and place a seed onto the glue. Do this for each mark on your streamer.

Finally, apply a line of corn starch glue to the edge of the un-seeded half of the streamer and fold it over on top of your seeds. Use your fingers to press the edges of the seed tape together making sure it seals well.

Allow the corn starch glue to dry completely then carefully roll up your seed tape and store it somewhere dry until you're ready to use it. The corn starch glue will be enough to keep the seeds in position but it isn't as strong as commercial glue so handle gently.

Make sure to label your seed tapes so you don't forget which seeds are inside!

This is a perfect project to involve your kids or grandkids in and you'll be reaping the benefits come planting time.

- www.onegoodthingbyjillee.com

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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1/1

Fare-well Chris & Russ

Changes at Bowra Post Office

Most of us know by now that Christine and Russel Dyer are leaving Bowraville and returning home to Queensland.

Chris and Russ have become treasured members of our community and their smiling faces (even with masks) will be greatly missed.

Thanks go to both of you for your friendly service and welcoming manner.

All the very best for the future.

Welcome Kim & Wayne

From Monday, 4th October Kim and Wayne Brown will be the new owners of the Bowraville Post Office.

Kim and Wayne have been 'learning the ropes' for the last several weeks and most of us have probably introduced ourselves by now. Though masks have not helped with recognising their new customers it's a sure thing they will be welcomed and soon settle into their new community.

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

President:
Greg Lamberth

Secretary:
Mark Scott



10/11



Email:
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Know Your HERBS & Spices

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

Parsley

Parsley is a great herb for everyday use! It adds colour and a tangy, slightly peppery flavour that complements other flavours.

Sage

Sage has a distinctive flavour. Its muskiness pairs well with apples and onions and as a seasoning for poultry and pork.

Rosemary

Aromatic rosemary goes well with poultry, lamb and pork and pairs well with other herbs like thyme, parsley and oregano.

Thyme

Thyme has an earthier flavour and aroma than most. It's warm and camphorous flavour (sharp, cooling, slightly woody) pairs well with rosemary especially for seasoning poultry or lamb.

Basil

For most Italian dishes and many Asian dishes too you can't go wrong with the complex sweetness of basil. It's perfect for seasoning vegetables, pastas, pizzas, cheeses, tomatoes and more.

Oregano

Oregano is also at home in most Italian dishes and many Mexican dishes too. It has a warm, slightly bitter flavour that adds savouriness and a slight kick to a dish.

Bay Leaves

These aromatic leaves have a woody aroma and flavour. Just one or two leaves will add complexity, richness and depth of flavour to soups, stews, and braised meats.

Italian Seasoning

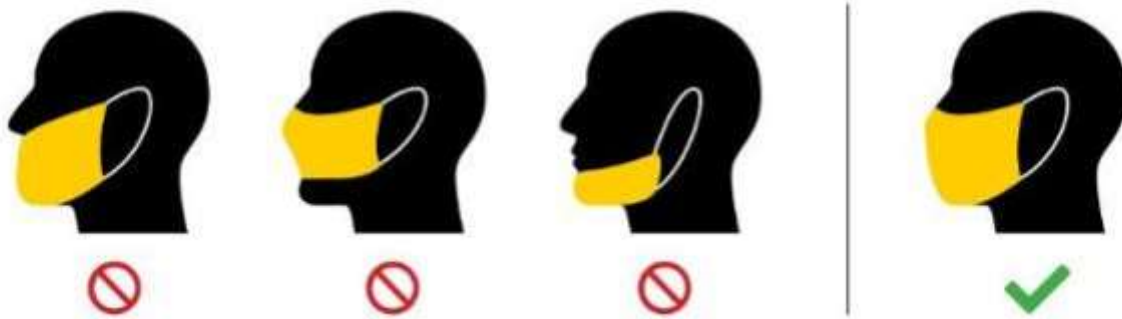
A good Italian seasoning blend combines several classic Italian herbs like basil, marjoram, oregano, rosemary and thyme. Use this blend to season pasta dishes, pizzas and poultry.

See next month for a list of Spices



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

Protect yourself and others by wearing a face covering correctly.



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

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

- www.health.gov.au

10 Steps for Living Well with Arthritis

Continued from page 10

6. Learn techniques to help manage your pain

There are many techniques you can use to cope with pain so you can go on living your life the way you want to. What works for one person may not work for another so you may have to try different techniques until you find what works best for you.

7. Acknowledge your feelings and seek support

It is natural to feel frustrated, angry, scared and even depressed at the prospect of having arthritis. There are many people who can help you deal with the emotional side of arthritis, including family and friends, counsellors or psychologists. Remember don't try to go it alone; get some help.

8. Make food choices that count

There are many myths about food and arthritis. However, no diet has been proven by research to cure arthritis and there is very little scientific evidence that specific foods have an effect on arthritis.

9. Balance your life.

When you have arthritis you need to find the right balance between work, activity and rest. Learn how to pace yourself to make the most of your energy and about equipment that can make daily tasks easier.

10. Call your local State/Territory Arthritis Office

Learn about the regular information sessions and arthritis self-management courses run by your local Arthritis Office. These will introduce you to a wide range of skills and small changes you can make that can lessen the impact of arthritis on your life.

- www.arthritisnsw.org.au

**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

8/11

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

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

Bowra St Jimmy's Food Hub
Monday, Friday and Saturday
9am until 11am for all people
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8/11

Radio Nambucca 2NVR 105.9 fm and streaming via www.2nvr.org.au



The recent lock-down has made the last month very trying for everyone in our beautiful valley including the wonderful volunteers who keep Nambucca Valley Radio on the air. The 2NVR Management Committee would like to sincerely thank those who go to our Tewinga Studios and present their shows, those with the capability to broadcast from home and those behind the scenes who are keeping our listeners entertained and informed during these difficult times.

We are always looking for more volunteers so please consider joining our team for an adventure in community radio. Please call 0419 707 874 if you are keen.



Our live Studio 3 session had to be cancelled in September due to the lock-down however things are looking up for Friday 15th October when we present 'Thoughts & Prayers' duo. This great act is made up of Debbie Spillane, well known as a TV and radio sport reporter who happens to also be a talented musician and the musically gifted Brett Barber.

'Thoughts & Prayers' hail from Valla and will enthrall our studio audience and listeners with their wonderful laid back style and beautiful harmonies.

In this crazy COVID world please know that there is potential for this gig to be COVID impacted as far as the size of the audience goes. Keep an eye on our Facebook page for updates. If you can't make it or the restrictions affect your ability to attend please note that we will go live to air with 'Thoughts & Prayers' from 6:00 pm on Friday 15th October 21.

Our Facebook page is also great for keeping up to date with 2NVR - the best little station in the Nation.

- Mick Birtles, Presenter 'Hair of the Dog' and 2NVR Committee Member.

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.

Cyber Crime on the Increase *Continued from Page 6*

Mr Vaile said ID fraud or theft, when a person's authentication and validation credentials are compromised, was increasingly common with much of it going unnoticed.

"It's almost impossible to keep out a well-motivated intruder partly because they've only got to find the slightest little loop or chink in the armour," he said.

"No-one now can promise they can keep out motivated intruders and the more networked things are and the more centralised and automated they are potentially the larger the rewards if you get through it."

He said in the age of phone apps and online banking, there was a conflict underway between security and convenience.

"But the more secure something is, very often, the more inconvenient it is and the more demanding of the users," Mr Vaile said.

One of the problems, he said, was IT security was invented by some of the "smartest people in the world" who can remember a lot of technical information in their heads such as multiple sets of numbers, complicated passwords and arcane commands.

"It doesn't really work well with normal humans," Mr Vaile said.

"But the idea you can use password management aids, which in themselves become vulnerable, a lot of people don't want to do that."

Tips to keep hackers out

There is a myriad of advice out there for people concerned about cyber security, but the key points are:

- Do not click on links in emails that look suspicious or are from people you don't trust
- Never offer your passwords to anyone under any circumstances
- Memorise PINs and do not keep them with cards
- Periodically check your transactions for unauthorised or unusual payments
- Never give an unsolicited person remote access to your computer
- If you are contacted by somebody claiming to be from your bank be suspicious and hang up if it doesn't feel right before calling the bank yourself.

A spokesperson from SAPOL's Electronic Crime Section said that "broadly speaking, scams are on the rise across Australia, both in the number reported and the amount lost".

"It is increasingly important that the community is aware of the activity of scammers in order to keep themselves, their data and their money safe.

"Anyone who believes they have been financially scammed should first contact their banking institution in order to prevent the further transfer of funds.

"Secondly, if a financial loss has occurred, they should report the matter to police via ACORN."

- www.abc.net.au

What's the difference . . ?

Between Vegan and Vegetarian

Continued from page 12



However, vegans also choose to avoid all animal by-products because they believe this has the largest impact on their health and the environment.

In terms of ethics, vegetarians are opposed to killing animals for food, but consider it acceptable to consume animal by-products such as milk and eggs, as long as the animals are kept in adequate conditions.

On the other hand vegans believe that animals have a right to be free from human use be it for food, clothing, science or entertainment.

Thus they seek to exclude all animal by-products regardless of the conditions in which animals are bred or housed.

The desire to avoid all forms of animal exploitation is why vegans choose to forgo dairy and eggs — products that many vegetarians have no problem consuming.

SUMMARY:

Vegetarians and vegans differ in their beliefs regarding the use of animals by humans.

This is why some vegetarians may consume animal-derived products whereas vegans do not.

- www.healthline.com



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Our Pelicans in Distress

Our beautiful Mid North Coast is known for its idyllic lifestyle, amazing coastline and pristine waterways and we are privileged to have precious wildlife that live on and in our ocean and rivers. Sadly though, our Australian Pelicans in Nambucca Heads and Urunga have been having a hard time lately with seven pelicans needing rescue and veterinary assistance to remove fishing line and hook entanglements from their legs, wings and stomach.

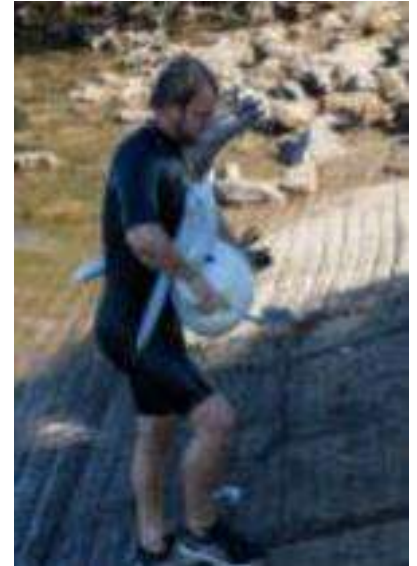
Fishing debris causes debilitating, and sometimes fatal, injuries to our pelicans. Thankfully caring people took the time to call WIRES 1300 094 737 when they noticed injured pelicans - then responding to the call were our dedicated local WIRES volunteers who are trained to look after injured or orphaned wildlife on the Mid North Coast.

Five of these recent rescues were successfully treated by local vets then in care with WIRES volunteers and released. Sadly, two were euthanased due to catastrophic injuries.

These injuries would have been avoided if all fishing line, hooks and debris had been disposed of thoughtfully.

Have you thought about being a WIRES volunteer? Go online to read more on Rescue 101 or Rescue and Immediate Care Course our wildlife NEED YOU! www.wires@org.au.

**For all injured or orphaned wildlife call
WIRES 1300 094 737.**



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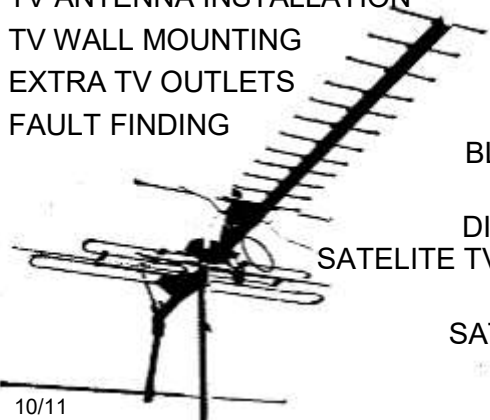
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Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time	
6 AM	Music for a Monday Morning EmmaG 	Drive Thru With Jackie Edmunds 	Aussie Grown Across the Nation Aussie Christian grassroots to artists.	2NVR Music Mix 	The Big Breakfast With Jackie Edmunds 	Here Be Dragons Nuke or Elizabeth No-fear fire and ice music 	Paint Ya Wagons Red Sean & Tim 	6 AM	
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s 	2NVR Music Mix 	Gold at Breakfast Dayna Gold 	Tones of Claressense Claire Watt-Powell 	Talk Of The Town Spring host: DJ Macca See what's going down! All things local 	Hair Of The Dog Mick Brittas Originals, covers, wildlife, wine and wisdom 	Sunday Morning Music With Phil 	7 AM	
8 AM	Baby Boomers Donna Collins 	Infopinion Richard Laxton, Eddie Orrego & Ron Hawkins 	Isn't It Romantic With Dallas Dent Crooners Easy Listening Popular Ballads 	Turning Pages Elizabeth Newman 	Dano's Mixed Grill Daniel Gosson Where anything can happen and probably will! 	Flashback With Rob Davidson 	Phase Out With Faye Faye Aspotis 	8 AM	
9 AM	The Weekley Fix Paul Weekley 	Roving with Linda Bible reflections, Gospel & Australiana 	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop 	A Mix Up with Stevo Selected great music 	Dhirendra The Time Traveller Sounds from all over the place 	Garage Noise With Sean Ambrose Alternative Music 	Praise, Prayer & Pop With Michelle 	9 AM	
10 AM	Dyer's Loop Paul Dyer Music to dye for, of course 	Sister Act Olivia & Sam 	Just For You Carola J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR Multicultural Radio 	Dano's Archive Daniel Gosson's 2NVR sound archives 	Wind Down for the Weekend Su & The Crew 	Saturday Roundup With Rachel Burns 	That's A Wrap Donna, Nigel, Mitch, Gary & Las 	10 AM	
11 AM	Hinterland With Ben Walters 	Retro Birds Robyn Wren & Sally Swan Not out of the box radio entertainment 	MC Grim Mark Seagrims Music with a wicked difference 	Thursdays Country Trickovic 	Turn Up The Volume With Macca 	Two For The Money Paul and Rachel Burns 	2NVR Music Mix 	11 AM	
Noon	Bowra Beats With Grace 2NVR Youth Radio 	Blues Soul Funk Matt Lebrandt & friends 	2NVR Music Mix 	Nambucca Valley Roundup Retro 	The Panic Room With the Voice of Panic Ear-creaser music! 	Aussie Music Weekly With Noddy 	Imagine This Radio drama 	Noon	
1 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR Multicultural Radio 	2NVR Blues, soul, funk and lively interludes. 	The AMRAP Music Show Anthony Gansley Solid Rock 	Highway Blues With Retro When Only The BEST BLUES Will Do 	The Panic Room With the Voice of Panic Ear-creaser music! 	Tiki Lounge Remix Seth Jordan(2BBB) 	Prog Rock Playlist Rhino 	1 PM	
2 PM	Music Makers With Yen Mixed music with featured artists 	Overnight Music Mix 	Ant's Rock Anthony Gansley Solid Rock 	Jeff's Junk Jeff Mills 	The Panic Room With the Voice of Panic Ear-creaser music! 	Wolffy Wolffy's music & requests 	2NVR 	The best of Progressive Rock 	2 PM
3 PM	Overnight Music Mix 	Overnight 	Ant's Rock Anthony Gansley Solid Rock 	2NVR Music Mix 	Overnight Music Mix 	2NVR 	2NVR Overnight Music Mix 	3 PM	
4 PM								4 PM	
5 PM								5 PM	
6 PM								6 PM	
7 PM								7 PM	
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11 PM								11 PM	
Midnight								Midnight	