

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 2024 ~ ISSUE #232~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Mental Health Month 2024



Wayahead®



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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

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

Printing and copying

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

Other services

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

Shredding - ask for a quote

Computer repairs - \$25 minimum

Laminating A4 and A3 Binding & Guillotining

We now take credit card payments!

ALL ADVERTISING

ENQUIRIES to

admin@bctc.com.au

ADVERTORIAL

and GENERAL

CONTENT ENQUIRIES

to

wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

- Services Australia Agent
 - Computer Training ■ Internet Access
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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/

2023 ADVERTISING CHARGES:

Bowraville Community News is produced every month, except January.

Annual subscription includes 11 issues.

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

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

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

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

Front Cover (1 issue) - \$60 issue

DEADLINE FOR COPY FOR

THE NOVEMBER 2024

ISSUE IS: 4:00PM

TUESDAY, 22nd OCTOBER 2024

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Chamber of Commerce

Next meeting will be at 5pm on Tuesday 1st October
at the new Bowra Hub Recreation Club

Bowraville Singers present

20th ANNIVERSARY CONCERT

Bowraville Theatre

Saturday 12th October at 2.00 pm

National Carers Week

Information Day for Carers & the Community

Date: Thursday, 17th October 2024

Venue: Nambucca Heads Plaza

Time: 10am to 2pm

With Entertainment by Barry Noble

Macksville Branch of the CWA (Country Women Association)

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

For more information, email macksvillecwasec@gmail.com

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

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

Keeping the memories alive.

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

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

Bowraville Services Australia Agency

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

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

Also available is personal assistance from one of our trained volunteers on Mondays, Wednesdays and Fridays between 10am and 3pm. Appointments are essential for this personalised service and can be made by ringing the Bowraville Technology Centre on 6564-7420.

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

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



Australian Government
Services Australia

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

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

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



Bowraville Chamber of Commerce News

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

Prior to the Nambucca Valley Council elections on the 14th September the Chamber invited all of the candidates to the Community Centre in the middle of town to both look at our amenities and concerns and to connect with locals and Chamber members.

With only Tamara McWilliam/Castle and Troy Vance not attending it was a great opportunity for locals and Chamber members to connect with those who will be the power brokers for the coming years.

Some of the information given to them is now on display in the Community Centre window and the two plans created for possible future development of the town centre are available to look at in the Technology Centre. Let's come together to create a better future for all.

Chamber Meetings are always on the first Tuesday of each month (except January) at 5 pm. We have been meeting at the Bowra Hotel but for the October meeting we will be at the new Sports Hub.

You can become a chamber member for \$20 for individual or nfp and \$40 for businesses.

All welcome to meetings so come along and join the fun!

BOWRAVILLE GIFT SHOP



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

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

8/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

Moo Goo Natural Skincare

Designer Brand make-up range

Pharmacist

KERRIE SAVINS



?1/11

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



One-on-One
Technical support
\$30 per 1/2 hour
(Thursday & Friday only)

Counter Assistance
for small fixes
\$2 per 5 minutes

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

For technical issues
contact BTC for a booking.

You can ring the
Bowraville Technology Centre on

*“Life has no
remote . . .
You need to
get up and
change it
yourself.”*

???

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

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

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

Call Karin on 6564 7420
for more information.

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

eftpos

Support Group for our Everlasting Carers

National Carers Week

Sunday 13th to Saturday 19th October 2024

National Carers Week is a time to recognise and celebrate the outstanding contribution that family and friends' carers make to our country.

Anyone at any time can become a carer

National Carers Week is an opportunity to raise awareness of the diverse roles of carers and recognise the millions of carers around the country who provide care and support to their loved ones.

The group will be holding 2 events this year for carers.

The first will be an

Information Day for Carers and the Community

Date: Thursday, 17th October 2024

Venue: Nambucca Heads Plaza

Time: 10am to 2pm

With Entertainment by Barry Noble

Lucky door prizes – See Bev for a ticket.

Service NSW - Service Australia - Fire & Rescue Nambucca
Health Workers from Macksville Hospital - Carers Support Co-ordinator for Coffs Hospital
Mission Australia Education & Training Co-ordinator - Seniors Rights Service
Emergency Medical Service Safe.T.Wear - Introducing Posture Assist Foot Rest
Beatties Furniture - Justice of the Peace in and for State of NSW

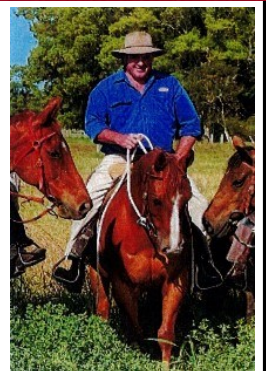
For more information ring Bev (02) 6569-4337

BARNEY TOWNLEY 0428 647 340

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

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

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



2/11



NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au

The Benefits of Virtual Tours for Seniors



Virtual tours can significantly enhance the quality of life for seniors by improving cognitive function, providing access to otherwise unreachable locations, and boosting emotional well-being. They present a unique opportunity to explore the world from the comfort of home.

Improving Cognitive Abilities

Engaging in virtual field trips and immersive experiences can stimulate your brain. Virtual reality (VR) technology can help to exercise memory and attention facilities.

Interactive virtual tours, such as those offered by Google Earth VR, provide a powerful tool for mental stimulation. You can experience historical sites like the Taj Mahal or art galleries like the British Museum. These new experiences can evoke emotions and memories, enriching your mental health.

Overcoming Physical Limitations

Physical mobility issues often restrict older adults from traveling. Virtual reality technology provides a way around these physical limitations. Virtual trips empower seniors to explore different areas without the need for physical travel.

For those in senior living communities or receiving long-term care, virtual museum tours of the Metropolitan Museum of Art or online visits to the Getty Museum can be a great way to experience the world. The immersive 360-degree views offer an enjoyable experience, irrespective of physical constraints.

Enhancing Emotional Well-Being

Virtual tours also uplift emotional well-being. They offer a sense of adventure and discovery without the need for physical movement. Exploring the Vatican Museums or taking a tour of the White House can bring joy and excitement. These virtual journeys provide a unique way to combat loneliness and social distancing, helping you stay connected.

Sharing virtual reality experiences with family members sparks great conversations and shared memories. Virtual vacations and online tours allow seniors to explore the world fostering emotional connections and enhancing mental health.

Educational Value of Virtual Travel

Virtual travel provides a unique way for seniors to explore and learn about the world from the comfort of their homes. This can be particularly enriching, offering educational resources and opportunities that promote both cognitive and emotional well-being.

Learning About Different Cultures

Virtual field trips to various parts of the world allow you to learn about different cultures without leaving your living room. Through these immersive experiences, you can explore the vibrant traditions and customs of countries like India, Japan, and Mexico.

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Blokes Brekkie

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

Cuppa and Chat

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

Bowra Country Markets

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

St Jimmy's Kitchen

3rd Thursday of Month
5.30pm at St James Church Hall

St Jimmy's Food Hub

Friday 9-11am, Saturday 9-12noon
Closed Mondays
Must hold a current Centrelink card.

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

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

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

~ Groups by appointment ~

23/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

8/11

TUESDAY to SATURDAY

11:30am-2:00pm and 5.30 - 8pm

SUNDAY

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

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.00 - 8pm

All menus available for takeaway

Regular Live Music - Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 bowrahotel@bigpond.com



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

What we have to offer . . .

TAB - KENO - BINGO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 **Lunch 12-2pm - Dinner 6-8pm**

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

8/11

FREE POOL Everyday

NAMBUCCA RIVER REALTY

YOUR NAMBUCCA VALLEY SPECIALIST

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

We can offer competitive fees, creative marketing and the backing of one of the fastest growing nationwide agencies being backed by real estate specialists.

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

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

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

25/11

What is mental health?

Mental health affects how we think, feel and act. It also affects our everyday life, such as work, relationships and study.

Looking after our social and emotional wellbeing is as important as keeping our body healthy. When we're feeling emotionally healthy we can be fully present with our family, friends and community.

Mental health is more than just talking about mental health conditions, like anxiety or depression.

Research shows that good mental health is linked to:

- improved learning
- creativity
- higher levels of productivity
- better social relationships
- good physical health
- increased life expectancy.



Mental health definition

Mental health is a state of mental well-being that enables people to cope with the stresses of life, realise their abilities, learn well and work well, and contribute to their community. It is an integral component of health and well-being that underpins our individual and collective abilities to make decisions, build relationships and shape the world we live in.

- *World Health Organisation*

The mental health continuum

Maybe you don't know where to start or how it relates to you - it can be hard to talk about mental health. Maybe your family and friends feel uncomfortable talking about it.

Beyond Blue have developed the mental health continuum to help you talk about social and emotional wellbeing. It will give you the words to describe how you're feeling, and to ask how others are feeling. It can also help you decide what steps to take to look after your mental health right now.



Why a mental health continuum?

Our mental health can change gradually over time. We might start to feel unsettled, but move back to feeling healthy in a few days. Or we might move from feeling unsettled to really struggling. This is when we may need to seek professional support.

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



NEW at Bowraville Pharmacy

Abundant Natural Health's *Ocean Soothe* skin care range.

*Ocean Soothe for the relief of Psoriasis
and problematic skin*



Ocean Soothe is a range of natural topical treatments that form a head to toe solution for psoriasis, problematic skin, dry, itchy and irritated skin.

- ◆ Relieves itchy, irritated skin
- ◆ Reduces flaking and scaling
- ◆ Decreases skin redness
- ◆ Soothes the skin



*Soak up Magnesium YOUR way . . .
a cooling gel, convenient spray, creamy lotion or luxurious bath.
Relieve pain naturally*

Harness the power of Magnesium through carefully blended formulations inspired by nature.

Magnesium can reduce aches and soreness, relieve restless sleep, soothe and hydrate skin, support muscle function and maintain immune health and wellbeing.



BOWRAVILLE PHARMACY

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PHONE: 6564 7925 or FAX: 6564 7364

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



Mental Health Awareness *from page 10*

Many of us will experience a mental health crisis in our lives, but we don't stay in crisis. We'll move beyond the crisis into a period of healing and then another healthy period when we've recovered.

On this page we explain what each of these periods in the Mental Health Continuum looks like and what you can do to maintain or improve your mental health.

HEALTHY

I feel capable and confident in my ability to handle daily pressures. I am thinking clearly and am hopeful about the future. I will maintain my healthy routines and stay connected with loved ones.

What to do when you're healthy

Keep connected. Continue healthy routines. Be active and mindful.

UNSETTLED

I haven't been myself lately. I feel irritable and am having trouble concentrating. I'm not quite sure why I'm feeling the way I am.

What to do when you're feeling unsettled

Speak with friends, family or GP. Practice self-care. Contact us or consider low-intensity or online therapies.

STRUGGLING

My mood swings have been more frequent. I feel distressed and a growing sense of hopelessness. I've been withdrawing from the things I normally like to do and the people I am close with. I think I might need professional support.

What to do when you're struggling

Speak with friends, family or GP. Practise self-care. Contact us or consider low-intensity or online therapies.

IN CRISIS

I feel worthless and unable to control my negative thoughts. Daily tasks feel impossible. I need professional support immediately.

What to do when you're in crisis

Seek support from a GP or another health care professional. Ask someone for support with this if needed.

HEALING

My moods have been more stable and I'm thinking more clearly. I'm starting to feel like myself again. I'm becoming aware of the therapies that are working for me and I will continue to use them.

What to do when you're healing

Focus on maintaining improvement. Be kind to yourself and keep going if you have small setbacks.

HEALTHY

I feel stronger and more resilient. I have a better understanding of myself and am better equipped to handle stress moving forward. I know what coping strategies work for me, and I will use them alongside practising self-care.

What to do when you're healthy

Review/build support network. Practise self-care. Create a plan for future challenges.

- <https://www.beyondblue.org.au/mental-health>



BOWRAVILLE THEATRE SINGERS

FOR THE LOVE OF SINGING

20th ANNIVERSARY CONCERT BOWRAVILLE THEATRE

SATURDAY 12th OCTOBER 2.00 pm

Tickets \$20.00 www.tickethost.com.au/?event=3082

N/C



RURAL HORIZONS FAMILY DAY CARE

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

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

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

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



 (02) 9779 9908

 <http://ruralhorizonsfdc.org.au>

 manager@ruralhorizonsfdc.org.au

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



Provider: NSW
Family Day Care
Association

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

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

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

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

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

**SEEDS
POTTING MIXES
COMPOST
FERTILISERS
SOIL & WATER
CONDITIONERS
MULCHES
ORGANIC GARDENING
SUPPLIES**

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



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

11/11

Wonderful World of Weeds

by Rae White

Like most people with some sort of outdoor space, I have spent many a minute battling weeds. But are they really the garden-invading menace we make them out to be, or are they just the wrong plant in the wrong place at the wrong time?



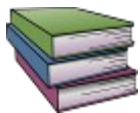
Kate Wall, gardening author and consultant, believes even the plants we don't necessarily want in our gardens are there for a reason.

Wall's book *Working With Weeds* won her the Australian Institute of Horticulture (AIH) Merit Award in 2021, quickly followed by the Horticultural Media Association Australia (HMAA) Anita Boucher Award 2022 for Outstanding Achievement in Horticulture. A true gardening guru, Wall is well known for her inventive approach to weeds, believing they "are always there for a reason".

What weeds can teach us

Weeds are tough plants with the ability to thrive in harsh conditions. Rather than being seen as a menace, they can be a great gauge of the health and wellbeing of our gardens. "Very often, invading weeds are an indication that the soil and other conditions in our gardens are simply not right for the plants we are trying to grow," explains Wall. "If we look a bit deeper into the reasons we have weeds, we can usually find out how to make our garden more suited to the plants we want to grow."

Continued on Page 16

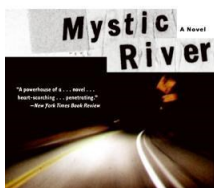


Mystic River

by Dennis Lehane

A gripping, unnerving psychological thriller about the effects of a savage killing on three former friends in a tightly knit, Boston neighbourhood.

**DENNIS
LEHANE**
THE NEW YORK TIMES BESTSELLING AUTHOR OF SHUTTER ISLAND



When they were children, Sean Devine, Jimmy Marcus, and Dave Boyle were friends. But then a strange car pulled up to their street. One boy got into the car, two did not, and something terrible happened - something that changed all three boys forever.

Twenty-five years later, Sean is a homicide detective. Jimmy is an ex-con who owns a corner store. And Dave is trying to hold his marriage together and keep his demons at bay — demons that urge him to do terrible things.

When Jimmy's daughter is found murdered, Sean is assigned to the case. His investigation brings him into conflict with Jimmy, who finds his old criminal impulses tempt him to solve the crime with brutal justice. A tense and unnerving psychological thriller.

Mystic River is also an epic novel of love and loyalty, faith and family, in which people irrevocably marked by the past find themselves on a collision course with the darkest truths of their own hidden selves.

- [amazon.com.au](https://www.amazon.com.au)

The Lawson Sisters

by Janet Gover

A heartfelt and compelling story of family, secrets and second chances, set in the heart of the beautiful Hunter Valley of NSW, from an award-winning new voice in Australian fiction.



For many years Elizabeth Lawson has battled single-handedly to run the family's historic horse stud in memory of her beloved father. But a devastating loss puts her dreams at risk. With no options left, Liz is forced to turn to her estranged sister Kayla for help.

Kayla has built a new life in the city as a wedding planner, far removed from the stableyard sweat and dust of her rural upbringing. She never thought she'd go back. But when Liz calls out of the blue, Kayla forms a plan that could save their childhood home.

Kayla's return forces Liz to confront her past ... and her future, in the shape of Mitch, her first and only love.

When Kayla learns the truth, will the Lawson sisters find common ground or will their conflict splinter the family again?

With the scent of eucalyptus on the air, estranged sisters and a homestead echoing past regrets and missed chances, *The Lawson Sisters* has everything you want in an Aussie romance.'

- www.goodreads.com

BOOK NOOK NOTICE

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

Do you live with a Disability?

Would you like to spend your time doing meaningful activities and meeting with like minded people? Do you want to be part of a supportive loving community?

We invite you to come and see what Nambucca Valley Phoenix has to offer!

Phoenix is community owned and operated and has been supporting people living with a disability for over 40 years.

We offer:

- Individual support in community and at home
- Creative programs and professional development in arts including ceramics, painting, crafts, performing and digital arts. Group classes and 1:1 sessions available.
- Work experience and training.
- Supported employment opportunities.

You will be supported by qualified educators, professional artists and experienced and passionate support workers. There is something for everyone at Phoenix!

If you'd like to know more contact us at info@nvp.org.au, call us at 02 6501 0021 or come say hi and check out our facilities. We are open Monday to Friday 8am to 2pm.



~ GARDENS & GARDENING ~

Wonderful World of Weeds

from page 14

Wall shares an example of a person who brought sedge weeds, a common lawn nuisance, to a talk she was giving and asked her how to get rid of them. "Given



that the weather has been so very dry lately, these weeds were indicating she has drainage problems, and the ground is too wet for the plants she wants to grow," says Wall.

Weeds can be a great teacher for both novice and adept gardeners — we simply need to look for what they're trying to tell us. If we look to weeds as a source of information, instead of automatically pulling them out with gusto, we can learn about the conditions in our garden and the changes we can make to improve it. "Weeds can teach us to be better gardeners if we take the time to learn how to read them and respect what we can learn from them," says Wall.

Many gardeners have spoken to her about nutgrass going mad in their gardens in the last 12 months. So, what is the nutgrass trying to tell these frustrated plant enthusiasts? Wall explains that the recent heavy rain has caused soil compaction and leached calcium out of the soil. "Nutgrass thrives in soils that are compacted and low in calcium," she shares. "And this is an indicator that work needs to be done to improve your soil."

Continued Next Month



WHAT'S FEATURING in OCTOBER 2024

BOWRAVILLE THEATRE

Manhattan Short Films

Sunday 6th October 2024

Doors open 2pm Tickets \$20 + booking fee online @ trybooking



The Bowraville Theatre Singers 20th Anniversary Concert

An afternoon of favourites from the last years

Saturday 12th October 2024

Doors open 2pm Tickets \$20 + booking fee online @ tickethost /at door if available

Cafe will be open EFTPOS and Wheelchair Access available.

Claire Anne Taylor Band with special guest Jason Lowe

Friday, 25th October 2024

One special evening of live music with Claire Anne Taylor and her stellar band showcasing songs from her back catalogue as well as some new bangers! Tickets \$40 + Bkg Fee Online @ trybooking

Door open 7pm Cafe will be open EFTPOS and Wheelchair Access available

Ash Grunwald with Mark Crotti

Saturday, 2nd November 2024

Mark Crotti 8pm - Ash Grunwald 9pm

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

Tickets \$52.77 (Bkg fee included)

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

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



WWW.BOWRAVILLETHEATRE.COM.AU

Bowra Laundromat

Corner of High & Belmore Streets

**Token Operated Washing
Machines & Driers.**

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401



8/11

Nambucca Anzacs WW2

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

Your assistance is needed!

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

Who is eligible?

Any person who served in Australian uniform for any period during WW2. This includes all the women's services, the Merchant Navy, the Women's Land Army, the Volunteer Defence Corp, and men and women from other Commonwealth armed forces e.g. UK and NZ etc, who lived in the district.

Also, do you have any memories or stories of Italian POWs working on farms in the district during WW2?

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

Point of Contact is: Trevor Lynch – 0408 669 449

Email: trevorglynch@gmail.com

FB Group – 'Nambucca Anzacs WW2 Research'

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



Citizen Science Volunteering



Volunteers test a number of sites, monthly, along the Nambucca River.



Do you want to learn new skills and contribute to the health of our Nambucca River?



Elizabeth: 0427 687 780

Beverly: 0422 331 878

E: nambuccariverwatchteam@gmail.com

Facebook: <https://www.facebook.com/groups/308899531677536>

SUPPORT GROUP FOR OUR EVERLASTING CARERS

HealthOne NSW

4 Fred Brain Ave, Newville, Nambucca Heads

1st Tuesday of each month – 10am to 12pm

Morning Tea served

There is a membership fee per person each year to help support the group

We are a self-supporting group and are not funded.

ALL CARERS WELCOME, PLS SPREAD THE WORD

For further information:

Bev 02 656 94337

Bowra Sports Hub Development 2017-2024

Way back in 2016 the Bowraville community came together to improve facilities to cater for families, sport and youth of Bowraville. A Solution Brokerage was put in place and improvements began.

In 2017 Bowraville Bowlers were in State Pennant Finals. They attended Soldiers Point Club for this event and were impressed with the facilities. At BBQs in the evenings the team discussed how they could build on the dreams of the sports minded citizens of the past and link the Solution Brokerage and upgrade the whole of Hennessey Tape facilities and the Bowraville Recreation Club and the Golf Course.

All knew grants were available from time to time! But they were fortunate to find that the then government had sold 'poles and wires' and were directing money to improve sporting communities facilities across the state.

The Project Control Group, chaired by Craig Doolan, included Mary Dal Santo, Paul Le Cerf, Perry McNally and David Taylor, consulted and joined with community sporting groups locally and state representatives, Nambucca Valley Council and interested others who had an interest to support or could help with applications.

Applications were lodged in 2017 and 2018 with no success. Then in 2019 Melinda Pavey MP provided an election promise to fund the application. She was re-elected and so the journey started. It took till 2021 to receive the money to begin

Continued on Page 22



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The Benefits of Virtual Tours *continued from page 8*

Discovering History and Artifacts

Online visits and virtual museum tours bring historical sites and ancient artifacts right to your screen. You can take a virtual journey to iconic landmarks such as the Sistine Chapel. These tours provide an in-depth look at the history and significance of these locations.

Memory Care and Attention Skills

Engaging in virtual reality travel can have a positive impact on cognitive abilities. Interactive virtual tours can help maintain and improve memory care and attention skills through mental stimulation. By exploring online tour options and virtual visits you can enjoy new experiences that are both enjoyable and mentally engaging.

For those using a virtual reality headset, the immersive 360-degree views can enhance brain activity. This mental exercise is beneficial for maintaining sharp attention and problem-solving skills. A simple online learning session on Google Earth VR can spark curiosity and provide cognitive benefits for older adults.

Keeping in Touch with Others

Touring together with shared virtual tours provides a delightful way to bond with friends and family. Imagine wandering through the streets of Tokyo or the ancient corridors of Petra together, all through the screen. This can bring back fond memories and create new ones. Using virtual tools, you can share these moments and perhaps discover something new about each other.



Engaging with the Community

Community centres and senior organisations often host group virtual tours. Joining these group events can enhance your social life. Discussions, quizzes, and interactive elements make these tours engaging. It's a fantastic way to connect with others and overcome feelings of loneliness while exploring the world.

Conclusion

Virtual tours offer an incredible opportunity for seniors to explore the world from the comfort of their own homes. Whether it's visiting famous landmarks, exploring museums, or experiencing nature's wonders, these online experiences bring the joy of travel without the need for physical travel. They provide a safe, accessible, enriching way for seniors to stay engaged and curious about the world around them.

Embrace the technological advancements that make these adventures possible and enjoy the endless possibilities of virtual exploration. So, set up your device, get comfortable, and start your journey today – the world is just a click away!

Everyday household chores that double as Exercise

Maintaining a clean and organised home doesn't just enhance your living space; it can also contribute to your physical fitness.

Many household chores involve movements and exertions that can help you burn calories and stay active. From vacuuming to gardening, these routine tasks can surprisingly count as a workout.

1. Vacuuming - Vacuuming can help you burn around 150 calories per hour, depending on the intensity and the size of the area you're cleaning. It's a good way to get your heart pumping and work on muscle endurance.

2. Mopping Floors - Mopping can burn approximately 170 calories per hour. It provides a low-impact, full-body workout that can help improve your cardiovascular health and muscular endurance.

3. Gardening - Gardening can burn between 200-400 calories per hour, depending on the intensity. It also helps improve strength, flexibility, and coordination, and being outdoors can boost your mood and mental health.

4. Sweeping - Sweeping can burn about 150 calories per hour. It helps tone your upper body and improves your overall stamina and endurance.

5. Washing Windows - Washing windows can burn around 180 calories per hour. It's a good way to improve your flexibility and balance while getting a light full-body workout.

6. Cleaning the Bathroom - Cleaning the bathroom can burn about 200 calories per hour. It helps build muscular endurance and strength, especially in the upper body.

7. Carrying Laundry - Carrying laundry can burn around 100-150 calories per hour. It helps improve strength and endurance, particularly in the upper body and core.

8. Raking Leaves - Raking leaves can burn approximately 300 calories per hour. It provides a good cardiovascular workout and helps build muscle strength and endurance.



- www.mindfood.com/article/everyday-household-chores-that-are-considered-exercise

Bowra Sports Hub Development *continued from page 19*

construction. Melinda Pavey MP, Office of Sport, NV Council and an Elected Executive Team of 5 did the preliminary work behind the scenes.

Fires, floods, shortage of material supply and trades people along with COVID all affected the build while volunteers kept things going. Volunteers have contributed almost 2 million dollars towards the build in time, expertise, labour and donations, along with those who contributed to fund raising. Businesses also gave of their time and reduced charges to enable the Hub to be built with a budget that was set in 2017 and was not able to be changed.

Due to electricity taking 2 years to be connected, work was suspended, re-started and then there were issues for the builder that held things up further.

Finally, through a huge team effort of

never giving up by the Co-ordinating Executive and their ever-ready band of volunteers, the Hub was opened for trading on 22nd August, 2024 with a supportive and creative Kitchen Team, trading as Bowraville Bistro.

The Bowra Sports Hub Development, is a classic demonstration of success where the community worked together with ownership of their efforts and returned bang for buck, serving their community proudly and leaving a legacy for future generations.

Paul Le Cerf

**The Bowra Sports Hub is open
7 days a week Mon/Tues 11am-8pm
and Wed/Sun 8am-8pm**



**The BOWRAVILLE BISTRO
is open for Lunch from 12
noon till 2pm and for
Dinner from 5pm till 8pm
Call 6564-7349**

**What a
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*What goes into your
rubbish and recycling?*

**Waste not,
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*Where did it all come from? Did you spend money on it?
Where will it go next? Will it be a resource for
archeologists of the future to figure out our lifestyle?*

Join us from 10am Thursday mornings in the Community Centre,
70 High Street, to creatively reuse some of what may have gone to
waste – paper and magazines, tin and aluminum cans,
chip packets, cloth scraps, candle ends, corks, garden waste...

We have lots of rubbish and some food to share.

You are welcome to contribute and to donate to ongoing
hall expenses. Join us to

RELAX - CONNECT - CREATE
at the **RESTORATIVE CRAFT CAFÉ**

Scientists have finally discovered whether the chicken or the egg came first!



It's a question humans have been asking since time began, but scientists finally think they've discovered whether the chicken or the egg came first.

Humans have bred chickens for a long time, dating back to around 10,000 years ago, but one expert has spoken about the existence of eggs being much older.

Luis Villazon is a science and technology educator who also trained in zoology. He says [via BBC Science Focus]: "Eggs are much older than chickens."

"Dinosaurs laid eggs, the fish that first crawled out of the sea laid eggs, and the weird articulated monsters that swam in the warm shallow seas of the Cambrian Period 500 million years ago also laid eggs."

And while these aren't chicken eggs, "the egg definitely came first".

Now, that's all well and good, but what about the first chicken egg?

Forming his opinion, Villazon considers how the chicken as we know it today was first bred as a result of the red jungle fowl of Southeast Asia being "hybridised" with grey jungle fowl around 10,000 years ago.

So, his answer in the end is quite simple - "At some point in evolutionary history when there were no chickens, two birds that were almost-but-not-quite chickens mated and laid an egg that hatched into the first chicken."

Therefore, if the question is what came first – the chicken or the chicken's egg – then it's the chicken's egg that came first.

It's a little complicated, and depends on your own set of opinions and definition of the question in some respects, but there is a finally something resembling a clear answer.

- www.msn.com/en-au/news/other/scientists-have-finally-discovered-whether-the-chicken-or-the-egg-came-first/ - Story by Harry Fletcher

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Email: admin@nambuccaanglicans.com.au

Office: 02 6568 9029

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and funerals.*

2/11

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

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

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

Bowra St Jimmy's Food Hub
Friday 9-11am Saturday 9am-12pm
Closed Mondays.
Must hold a current Centrelink card.

Service NSW is coming to your community



We're bringing NSW Government services to:
Bowraville's High Street
Thursday 10th October 2024
1:30PM to 4:00PM

Visit our Mobile Service Centre to access services like:

- Driver Knowledge Tests
- driver licence applications and renewals
- driver licence, mobility parking and photo card applications
- Working with Children Checks
- NDIS Worker Checks
- birth, death and marriage certificates
- cost of living support and more.

Call **13 77 88** or visit service.nsw.gov.au to check our latest timetable.

Unexpected events like severe weather may mean our timetable has to change at short notice, we strongly recommend you check on the day.



Find us at:

29 High Street, Bowraville



Nambucca Valley LANDCARE NEWS

Upcoming Landcare Field Days and Workshops



2nd October – Koala Conservation Workshop, Bollanolla Farm. RSVP essential, numbers are strictly limited.

30th October – River Restoration Field Day – come along and learn how to restore and maintain your riverbank with river and bush regen experts from LLS, Mujaay Ganma as well as Bellingen, Macleay and Nambucca Landcare Coordinators. This will be a day full of great information and a walk along a beautifully restored and maintained riverbank.

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

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



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NSW RURAL FIRE SERVICE



LIGHTING A FIRE: QUICK FACTS

You must **notify** the Lower North Coast Burn Notification Line at least **24 hours** before burning at all times of the year.

You must **notify** any adjoining neighbours at least **24 hours** before burning at all times of the year.

During the **Bush Fire Danger Period** you must have a current Permit to burn issued by the NSW Rural Fire Service.

LOWER NORTH COAST ZONE

Council Areas

Kempsey - Nambucca

Fire Control Centre

Cnr North and River Streets West Kempsey NSW 2440

24 Hour Burn Notification Line

02 6626 6860

24 Hour Online Notifications

www.rfs.nsw.gov.au/notify

General Enquiries

02 6563 7100

Email

lowernorthcoastteam@rfs.nsw.gov.au

Fire Weather District

North Coast



During a **Total Fire Ban** (TOBAN) you cannot light, maintain or use a fire in the open, or carry out any activity in the open that will cause, or is likely to cause, a fire.



For more information contact the Lower North Coast Team Fire Control Centre or visit www.rfs.nsw.gov.au



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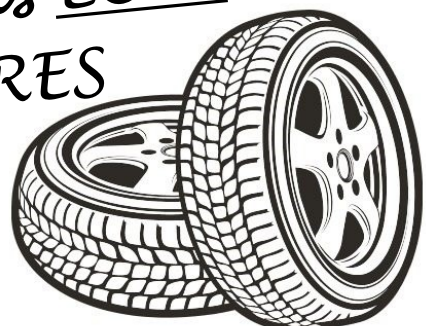
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2024							Community Radio Network	
Studio 3 Live on the 3rd Friday of each month 6-8pm							C =	
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Green Eggs On Toast Laurie McBurney	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts.	Tones of Claressence Claire Watt	TGIF Bethina Goodwin	Rise N Shine Ron Hawkins	Tiki Lounge Remix With Seth Jordan	6 AM
7 AM	Markets info, news, movies, local news. Mute.	NIMA Chart Show Matty J	A Country Tea Time With DJ Tina	FlipSide With Phil	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above 6:30 Saltwater People 7:30 It's Only Words 8:30	Creative world music, contemporary jazz, digital beats and other sonic excites. From ZBBB	7 AM
8 AM	From Then To Now With Paul Burns	Smoko with Gazza With Gary Bden	Sipping and spinning it all	Specialty-selected, usually-oz music from the last 5 years	Talk Of The Town Ceri Whobel	Local News of the Area Audio news, with Beverly & Linda	Dad & Daughter With Geoff & Amy	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe	Bach to Beethoven With Rachel Burns	Mystical Music & Musings With Luise	Turning Pages Elizabeth Newman	Peter's Pops & Classical Tunes & Melodies With Peter K	Maldensong Dianra Galbraith	Great music, dad jokes, trivia, and loads of fun on air...	9 AM
10 AM	Baby Boomers Donna Collins	Infopinion Richard Laxton, Eddie Omega, Dale Hawkins	Mick in the Middle With Mick Brides	Jake & The Fatman Join in and singalong	Weekend Surge With Chrissy	Noisy Neighbours Trenck de Groot	Local News of the Area Audio news, with Beverly & Linda	10 AM
11 AM	Flashback With Rob Davidson	Life Words with Linda Bible reflections, Gospel & Australiana	DJ Casey & Irish Bee DJ Casey's selected music	Cyberbeat, inside Motorport & The Assignment	MHS Radio From Macksville High	Garage Noise With Sean Ambrose	That's A Wrap Donna, Nigel, Mitch, Gary & Les	11 AM
Noon	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	The Sixties in Australia Rob Davidson	Tewinga Tunes With Ralph	Turn Up The Volume With Macca	Alterraive Music With Lizzie	Local sports calls and in-depth sporting analysis	Noon
1 PM	A Breath of Fresh Air With Sandy Kaye	Sister Act Olivia & Sam	The Curious World of Lisa Z	Thursdays Country Trickiwic	Three hours of soft rock & listener requests.	Soul Quench With Lizzie		1 PM
2 PM	Retro Birds Robyn Wren & Sally Swan	Blues Soul Funk Featuring Aussies on NBA	The Sit Down With Clint Waska	Hit Singles From Your Past With Macca	Studio 3 from 6-8pm on the 3rd Friday of each	Music with a Message Geoff Stone		2 PM
3 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Live Delay Australia-wide Live Music	Fish's Favourites With Dave P	Wolffy Wolffy's music & requests	Praise, Prayer & Pop With Michelle	3 PM
4 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Tim Unsupervised Tim Hood	Tunes I like to hear...	Saturday Date With Stu	Imagine This Radio drama & stories	4 PM
5 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Late night humour, music interviews and more...	Saturday Night Gold On Friday	2NVR Music Mix	Prog Rock Playlist Rhino	5 PM
6 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Ant's Rock Anthony Gamsey	2NVR Music Mix	2NVR Music Mix	The best of Progressive Rock	6 PM
7 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Ant's Rock Anthony Gamsey	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	7 PM
8 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Ant's Rock Anthony Gamsey	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Ant's Rock Anthony Gamsey	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Ant's Rock Anthony Gamsey	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Ant's Rock Anthony Gamsey	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	Blues, Roots, n Boots Presented by Jonny Dee	Rock On With Jimmy & the Bluebirds	DJ Casey & Irish Bee DJ Casey's selected music	Ant's Rock Anthony Gamsey	2NVR Music Mix	2NVR Music Mix	2NVR Overnight Music Mix	Midnight