



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

SEPTEMBER 2021 ~ ISSUE #199 ~ FREE ~ CIRCULATION 400 ~ POSTCODE 2449

Taking care of your mental health during COVID-19

It's important to look after your mental health and wellbeing during the COVID-19 outbreak. Here are some tips to help you stay positive during this time of uncertainty.



Stay
connected

Keep in touch with family and friends via email, social media, video conferencing or telephone.



Maintain
a healthy
lifestyle

- ◆ Establish a regular daily routine.
- ◆ Get plenty of sleep and eat nutritious meals.
- ◆ Engage in exercise and physical activities that you like.



Stay
positive

Remember: this time of lock-downs and limiting regulations is temporary and follows expert advice to help contain the virus.



Stay
informed

Obtain accurate information from reliable sources like the Australian Government and the World Health Organisation.



Seek support

Mental health services are available if you are feeling anxious, worried or overwhelmed.

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 OCTOBER 2021

ISSUE IS: 4:00PM

TUESDAY, 21ST SEPTEMBER 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

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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*

ATTENTION

Due to COVID-19
Service Australia Agency
in Bowraville will be open for
CENTRELINK & MEDICARE
SERVICES ONLY

On Monday 10am to 1pm
Wednesday 10am to 1pm
Friday 10am to 2pm

The usual Technology Centre services are not available until restrictions are lifted.



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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**

“Vaccines and antibiotics have made many infectious diseases a thing of the past; we’ve come to expect that public health and modern science can conquer all microbes. But nature is a formidable adversary.”

-Tom Frieden

American infectious disease and public health physician

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.



COVID-19

Text message voicemail scam targets nervous Australians waiting for COVID updates

A new scam known as "Flubot" is sending thousands of text messages to Australians as they wait anxiously for updates on COVID tests and vaccination appointments.

"Voicemail received," the text reads. "Visit [link] before it is automatically deleted." Telstra cybersecurity expert Darren Pauli says the aim is to get recipients to download a malicious app. "You don't instantly get hacked," he said.

"It will try to convince you to download the app and from there it will have access to your information and banking credentials."

An Australian Competition and Consumer Competition (ACCC) spokesperson said the scam, first reported on August 4, had been reported hundreds of times.

The texts can be sent multiple times per day from different mobile numbers.

Mr Pauli said unlike many scam phone calls or emails, the Flubot was difficult to block.

ACCC advice:

- Do not click the link and delete the text message
- Do not call back the individual who sent the text as they are unlikely to be the scammer. It is possible their device is not infected and their number has been spoofed
- Make a report to [ReportCyber](#) if you have been a victim of this cybercrime
- You can also report to Scamwatch

If you have lost personal information to a scammer and are concerned you can contact [IDCARE](#) or call 1800 595 160

If you have installed the malware contact your bank and ensure your accounts are secure and contact an IT professional.

– abc.net.au

Coronation Kennels & Cattery

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Email: marcia@coronationkennelsandcattery.com.au

Website: www.coronationkennelsandcattery.com.au

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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

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BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE
27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

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What it means to be 'Ghosted'

Ghosting is when someone who used to be friendly or even romantic with you suddenly cuts off all communication without explanation. While most people think of ghosting in a digital context, meaning a friend or dating partner stops responding to texts, emails, calls, etc., it can happen across all social and professional areas.



Regardless of how it's done ghosting is a heartbreaking reality in today's world. Getting left hanging can be shattering to your self-esteem and have a huge impact on your emotions. In fact, it can even cause as much hurt as physical pain.

This may explain why many people try to numb the hurt they're feeling by using alcohol, drugs or other medications. What they're doing is trying to numb the part of the brain that creates feelings of emotional distress.

What feelings do people experience when ghosted?

It can be devastating - people who have been ghosted will often spend hours trying to figure out what went wrong and the pain of that can be intense

Being ghosted can also cause anger which may actually be a healthier response to the situation than wallowing in sadness.

Mental health professionals have found that ghosting can be classified as a form of emotional cruelty. In an online survey, those who experienced 'breadcrumbing' (leading someone on) or a combination of 'breadcrumbing' and 'ghosting' were shown to have an increased feeling of loneliness and helplessness and/or a decreased satisfaction with life.

Why does ghosting happen so often?

While ghosting has always happened on some level it's now on a different scale in the modern world. This has to do with the huge cultural shift that has occurred in dating trends especially with the internet.

Not everybody looking for someone to date wants to be in a committed and exclusive relationship. It becomes a lot easier to play the field and move on from relationships when there are fewer consequences for doing so.

In the professional world - whether it's a recruiter who has gone silent after extending a job offer or a connection on LinkedIn who stops responding, ghosting manifests in a number of ways in the workplace. Instances of sudden

Continued on Page 24

Using technology to stay connect during COVID19

Feeling socially isolated from family and friends can have a detrimental impact on mental wellbeing. It can make people feel sad, anxious, lonely or depressed. Here are ways to stay connected to your family and friends even if you can't see them in person.

Below are some suggestions for ways you can connect with others wherever they are using your phone or computer.

Video calling

Most smartphones and computers can make and receive video calls so you can see and hear the person you're talking to. If you haven't tried video calling before, BBC have made a guide about the different ways to make video calls on different phones - go to www.bbc.com/news/technology-51968122 while a Tech Crunch article takes you through different video calling options for different groups of people - go to techcrunch.com/2020/03/23/the-best-video-chat-apps-to-turn-social-distancing-into-distant-socializing/.

Online groups

Starting an online group where people can chat or leave messages can help you stay connected at any time. You might set up a group for your family, your friends, your colleagues or your street or suburb. Your group might discuss anything and everything or you might have a focus, like an online book club, gardening or cooking discussion group.

Digital games

Do you enjoy getting together with others to play games? While sitting around a table with friends to play boardgames is a no-no right now you

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BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun

LUNCH 11:30am-2:00pm Tues - Sun

DINNER 5.30pm - 8pm Tues - Sun

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9/11

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Ph.6564 7041 bowrahotel@bigpond.com



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

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RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1000

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

**HAPPY HOUR - All Schooners \$5.00
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www.atrealty.com.au**

9/11

FUNDING FOR BOWRAVILLE COMMUNITY GROUPS

Community Halls and Bowraville Theatre

Nambucca Shire Council was successful with their applications for Bushfire Local Economic Recovery Funding (BLERF) grants, receiving the following:

- \$700,500 to Upgrade Community Halls and Facilities.
- \$707,950 for Dressing Rooms and Disabled Access at Bowraville Theatre.

Council has assigned an internal Project Manager to facilitate and manage these 2 projects and they're working on the submission of all the required documentation to accept this funding.

The program of works for the Community Halls and Facilities Upgrade application includes works at six Community halls being: Argents Hill Hall, South Arm Hall, Burrupine Hall, Utungun Hall, Eungai Soldiers Memorial Hall and Taylors Arm Hall and two reserves: Valla Beach Reserve and Taylors Arm Sports Reserve.

The funding application for the Bowraville Theatre was based on a previously DA approved design, however this is to be updated and adapted to meet current requirements and re-submitted for approval. The Project Manager will work closely with the Bowraville Arts Council for the delivery of this project.

BISEP - Bowraville Innovative Social Enterprise Precinct

The BISEP organisation has been successful in obtaining a portion of the NSW Government's 'Bushfire Local Economic Recovery Package' (BLER) funding. This grant of \$352,440.00 has been sought for the continuation of the 'Virtual Hub' (Waluurr Ngambagagundi – Nambucca Valley 'Hand in Hand') project, now entitled 'The Valley Hub'.

In consultation with local community groups, NFP organisations and other key stakeholders in the community the Hand in Hand committee chose to pursue the vision of an online meeting place with the overarching aim to provide a platform which would facilitate interagency cooperation, the sharing of resources and improve community relations.

The virtual hub will also enable the community to access integral service information, and authentic and efficient information in the event of future natural disasters and amplify opportunities for community connection through the telling of stories, upholding of culture and the sense of a safe place to 'belong'.

With the vision of 'The Valley Hub' realised the current project officer is tasked with a brief set to create a space that is accessible, durable and capable of evolving to meet the needs of the Nambucca Valley Community.

, traineeships and offshoot enterprise opportunities that benefit the community.

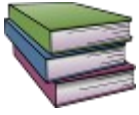
BISEP will provide quarterly updates through their website and social media channels as the project progresses through to June 2023. Designated project meetings will also be accessible to the community at request.

If you require further information, or would like to be involved, please contact us through our website or social media channels.

<https://www.facebook.com/BISEPBowraville>

<https://bisep.net.au>

<https://www.youtube.com/watch?v=m--TrrvLBPg>



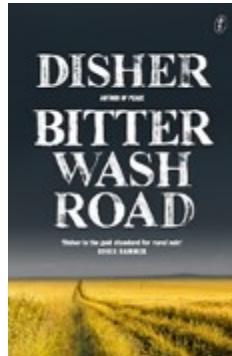
BOOK REVIEWS BOOK REVIEWS BOOK REVIEWS

Bitter Wash Road

by Garry Disher

This is the first in a trilogy known as “the Paul Hirschhausen novels”.

Set in South Australia’s wheat belt, three hours north of Adelaide, the hot, dry landscape is as much a character as the city policeman “Hirsch” who has been exiled to a single-officer police station.



The story goes something like this. As a whistle-blower, reporting on corrupt colleagues, Constable Paul “Hirsch” Hirschhausen has had his promising city career cut short. Now, exiled in Tiverton, a tiny speck of a town in the wheat belt, he deals with low-level crime.

As if adjusting to life alone in a strange town isn’t enough his new colleagues, in the nearest big town where his boss is based, hate and despise him and he is constantly on alert because he knows there are certain people who would rather he just disappeared.

In the opening chapter, when he’s called out to investigate gunshots on the isolated Bitter Wash Road, Hirsch realises he’s completely exposed. If anyone is going to kill him this is the perfect place to set up an ambush.

Once the character of Hirsch has been established, the book gets into the nitty-gritty of a complex murder investigation in which a teenage girl is found dead, lying face down in a ditch by the side of the road, a victim of a suspected hit-and-run.

The investigation is far from straight forward and before long Hirsch realises that there are vested interests and hidden agendas at work. As an outsider in an isolated country town getting answers out of anyone proves increasingly difficult. What are people hiding? And does it have anything to do with his role as a police whistle-blower?

Bitter Wash Road, with its multiple plot lines, focuses on a disturbing murder that highlights how no police force (or station) is immune from corruption and vested interests. It also shows how the closing of ranks against an outsider can obscure the pursuit of justice - with devastating consequences.

If you enjoy *Bitter Wash Road* you will probably enjoy reading the rest in the series which comprises *Peace* (2019) and *Consolation* (2020).

Bitter Wash Road was shortlisted for Best Crime Novel at the 2014 Ned Kelly Awards and won the German Crime Prize in 2016.

- readingmattersblog.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.

Living well with Dementia

Dementia is not just a biological condition; it is a human experience.

A diagnosis of dementia does not have to mean the end to an active and engaged life.

The progressive nature of dementia means there are many challenges throughout the journey however it is possible to continue to have an engaged and fulfilling life and be connected to family, friends and the community.

Although the impacts of dementia are progressive and need to be considered they do not have to consume the whole of a person's life - focus on a person's abilities rather than the impacts dementia can have.



Providing yourself with information that supports wellbeing is the key to living well with dementia.

Importance of staying connected

Staying connected to social networks, friends and your local community is vital to your wellbeing. Unfortunately, isolation is one of the most common experiences for people living with dementia. Many people report friends and some family members withdraw from social contact soon after being told of a person's diagnosis.

Sometimes people will distance themselves because of fear or stigma associated with dementia. This often results in feelings of disconnection and loneliness in a person with dementia. Staying connected to others is very important to all of us and can help maintain and enhance your wellbeing and quality of life.

How to retain your connections and build new ones

- Communicate openly with family and friends right from the start
- Share your experiences to help others understand what you are going through
- The more you can share your experiences the more likely other people will be able to relate to you

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BOWRAVILLE PHARMACY

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



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BOWRAVILLE PHARMACY

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What's the difference . . .

Between a Latte and a Flat White?

Caffé latte and flat white are definitely the most ordered espresso based drinks in cafés around the world but what are they really?



Have you ever wondered what the difference is between a caffè latte and a flat white?

Then let's see what makes caffè latte and flat white different from each other!

Caffé Latte

Caffé Latte or just latte is an espresso based drink that consists of 1-2 espressos and lightly steamed milk. Traditionally it has been customary to serve it in a tall glass but nowadays it's more and more common to serve it in a bigger cup. Also the amount of espressos has changed during the years; the traditional latte has only one espresso in a 250ml glass but over the past years drink sizes have become a bigger and it's common to find your latte served in a 350ml cup and with two espressos.

One thing that is similar between latte and flat white but different in cappuccino is the amount of foam - latte and flat white should have less and cappuccino more. What is less depends a lot on what kind of cup/mug/glass the drink is served in (glasses usually make the foam amount appear more than in cups) but these amounts are a rough standard.

caffé latte 1-2cm of foam

flat white 1-2cm of foam

cappuccino 2-4cm of foam

As the name states, caffè latte is coffee with milk - the drink is pretty milky and mild in coffee flavour. It's perfect for someone who is maybe starting their coffee drinking or someone who likes bigger and wants less coffee flavour in their drink. Latte is also often the base for some flavoured espresso drinks such as caramel latte, cafe mocha or vanilla latte.



Flat White

Flat white originates from Australia - almost all other espresso based drinks are originally from Italy. Flat whites are often served from a glass but it's also common to serve it in a small mug. The size of flat white cup should be around 200ml and it's always served with two espressos making it a bit stronger in coffee flavour compared to latte and cappuccino. As the name suggests the amount of foam should be flat - so as little as possible.



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Bowraville Lions Club Inc

News Bulletin

SEPTEMBER 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:
"Every child, every opportunity"

Early Links Vision:
"Communities where every child participates and every family is respected"

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 you community.



Using technology to stay connect during COVID19

Continued from page 7

can have a similar experience playing games through apps, consoles or streaming services. To find a list of games to get you started – go to www.theguardian.com/games/2020/mar/17/25-best-online-video-games-coronavirus-self-isolating.

Online classes

While they are closed, lots of places that offer exercise and cultural classes are operating online. You could take an exercise class, stretch out with some yoga, feel the beat in a dance class or learn how to paint through an online art studio. Classes like these are a great way of connecting to people without talking about viruses the whole time.

Virtual choirs and bands

Through video chat lots of people have taken the pandemic as an opportunity to move their choirs and music groups online. Find one that's set up or start your own and make some music – go to www.abc.net.au/radio/programs/am/virtual-choirs-combating-social-isolation/12066024.

Social media

While too much social media isn't great for your mental wellbeing, a little bit can go a long way. Checking in with others, sharing a nice photo or finding a funny video are all possible through social media platforms. Just remember you decide who and what goes on your feed – if you're seeing too much news (or fake news) or negative people are getting you down you can hide, mute or unfollow this content.

www.health.qld.gov.au

Living Well with Dementia

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- Express your need for connection as some people may not realise you are feeling isolated
- Have conversations with friends about the realities of life with dementia and the impact it has
- Link into supportive community groups that will offer new relationships
- Start a hobby or nurture an interest that will connect you with others.

Accepting support

No one should have to do everything on their own. Although retaining independence and ability is important, recognising the areas of your life where you could accept some support can result in a better quality of life.

Dementia is a progressive disease, which means over time a person may lose their ability to complete everyday tasks and require more support.

Accepting support can trigger feelings of loss of independence and can be quite confronting for some people, especially those who have been strongly independent throughout their adult life. However, accepting support will enable you to have more time to focus on the things that matter to you.

How to access our programs

- Call the National Dementia Helpline on free call 1800 100 500 or
- Use the online service enquiry/referral request form
- Browse and register education programs specifically designed for people living with dementia
 - www.dementia.org.au/support/living-with-dementia

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

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

*Call in to Norco and speak to
Garry, Paul or Kirk.
They will be happy to assist you
choose the correct products
for your garden.*

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

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COMPOST

FERTILISERS

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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.

Spring is here . . .



What makes September such a good month for gardens is the fact that, in general, around Australia, the weather starts to warm up with more sunshine hours.

This leads to a slightly warmer soil temperature. However there are still occasional showers (and even some storms) which supply much needed moisture so that your plants can make the most out of the sunny weather.

There are two things you must do during spring, and therefore begin this month; enjoy the fruit of your labour and start to prepare for summer.

Enjoy the fruit of your labour

September is a good month to plant annuals. Some favourites include petunias and marigolds - though these are not Australian natives they can be planted in and around your native plants to spice up your garden with a little colour.

As your plants blossom make sure you trim off the flowers when they die.

This encourages your plants to flower again because they really want to produce seeds. September, and spring in general, are also great times for growing your own veggies. Plant some



**51 CARBIN
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9/11

Continued on Page 18

Stay Safe while Gardening

Gloves, socks and sometimes masks are very important in preventing disease obtained by gardening – the last thing you want, especially with the coronavirus around. Since the coronavirus hit people have become more interested in gardening – both to grow food and to do general planting and tidying up due to the increased time at home. In addition to social distancing and following all the coronavirus precautions we really need to protect ourselves, while gardening, by wearing the right clothes!

We mostly think it's only insects like bees and wasps or maybe a spider that might harm us, but we need to guard against microorganisms too. While most microorganisms in the soil are beneficial, by working to break down organic matter to supply nutrients for



Continued on Page 19

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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

7/11

~ GARDENS & GARDENING ~

From Page 16

peas, lettuce, beetroot, carrots and silver beet and if you have not already, it's not too late to plant tomatoes or beans.

Start preparing for summer

The second major task for spring is to make sure that you start to prepare your garden and grassed areas to cope with the summer heat. If you have any dead patches of lawn, dig up a couple of runners from other spots in your grass to replace them with.

Anyone who has grass knows that keeping it separate from your garden can be a big task by itself! If you take these troublesome shoots and plant them in dead spots you can effectively 'kill two birds with one stone.'

Make sure your garden beds are sufficiently mulched. Don't wait for summer because the weeds will pop up in abundance from late winter if you do not have sufficient mulch.

Plus, if you mulch well now, your soil will be improved so that is it better prepared to handle the heat of summer.

If your garden is already littered with weeds, clear them out and get mulch down before optimal growing conditions begin and make weed control that much harder.

- aussiegreenthumb.com

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~ Groups by appointment ~

7/11

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Stay Safe while Gardening

Continued from page 17

plants and to clean up debris, there are some which are not so kind to humans.

Our health can be affected by many species of bacteria and fungi. However, people most at risk are those whose immune systems are compromised in some way e.g. by undergoing therapy for cancer, infections such as influenza, an inadequate diet or by smoking.

But it is wise for all of us to take precautions. Bags of commercial compost and manure have warnings about avoiding contact with eyes or skin or breathing in the dust - instructing users to wash hands etc. But how many of us take notice? Probably even fewer think about protection when in contact with garden soil while planting seedlings.

So put on those gloves, socks and strong boots or gum boots! And wear a mask when handling bags of soil, potting mix, composts or manures! Be safe!

- www.sgaonline.org.au/staying-safe-while-gardening

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Telstra public payphones now free across Australia

It may be ages since you've used one but the humble payphone is far from obsolete and has now become more accessible for the Aussies who need it most.

Telstra has made its nationwide network of public payphones completely free to use for both standard national calls and SMS. Australians can now make free calls to all national landline and mobile numbers alongside existing toll-free services such as Triple Zero and Lifeline.

Many existing Telstra phone booths already offer free Telstra Air WiFi hotspot access to Telstra customers. However, free payphone calls are now open to all users.



The decision was welcomed as a ‘game-changing’ move by the Salvation Army as well as consumer group ACCAN. With more than 15,000 Telstra pay phones in operation scrapping call charges can help break down the barriers to communication experienced by vulnerable Australians including the homeless and those in remote communities.

Telstra CEO Andy Penn emphasised that public phones are still a vital part of Australia’s telecommunications infrastructure particularly in emergencies or in the aftermath of disasters.

“I’ve seen myself how much payphones are part of the fabric of Australia and how important they are in good times and bad. I’ve seen queues of people waiting in line, coins at the ready, to use a payphone to call home and tell their family and friends they’re safe after a bushfire, a cyclone or some other natural disaster has taken the mobile network down,” said Mr. Penn.

“I know payphones are also a lifeline for thousands of vulnerable Australians – the homeless, the isolated, those escaping domestic violence – and often provide their only link to critical support services and those that care about them.”

Despite the proliferation of mobile use more than 11 million calls were made on Australian payphones in 2020 and more than 230,000 of those were to emergency and critical services. Payphones remain useful in areas where mobile device uptake is lower and are an essential resource for victims of crime or domestic violence.

Building connected futures for all

The move also helps address the still-existent ‘digital divide’ that has left many financially and socially vulnerable Australians without ongoing or reliable access to mobile and internet. While mobile plans and phones are more affordable and accessible than ever that doesn’t mean that some families and individuals aren’t

Continued on Page 24

How to Safely Dispose of Single-Use Face Masks

Imagine a bird tangled up in your face mask, unable to free itself. Stuck, for who knows how long until a human hopefully shows up to its rescue. Stay with that thought for a few seconds and then read on to see how you can rectify any unintentional mistakes you've made while disposing of your mask.



Hopefully, most of you by now are donning reusable face masks as you go about your everyday life amid the pandemic. After all, we don't want a repeat of the plastic bottle crisis that has impacted both Australia and the rest of the world. Many of the bottles that have ended up in landfill can take up to 1,000 years to break down. They've also killed animals, including marine life, who mistake them for food.

You've only to watch David Attenborough's *Blue Planet II* to see what our actions are doing - it's truly heartbreaking stuff.

The message of this article is of the same beat.

What's the best way to dispose of face masks?

We're constantly talking about wearing face masks to protect ourselves from COVID-19 but the one conversation that hasn't been picked up enough is how to safely dispose of single-use masks and why you should try to avoid using them altogether (if that option is available to you).

Earlier this year an article from Reuters explained how Hong Kong's face masks had started to pile up on beaches and nature trails. The Guardian reported that French non-profit Opération Mer Propre, were raising the alarm after divers found a large amount of 'coronavirus waste' such as gloves, masks and hand sanitiser beneath the waves of the Mediterranean, mixed in with the usual litter of disposable cups and aluminium cans.

As with all things, change unfortunately only comes when examples pile up and it's impossible to avoid the chaos we're leaving behind. Perhaps this time around we can be quicker to take action.

Continued on Page 22

Safely Disposing of Single-Use Face Masks

Continued from Page 23

Step 1

First, to avoid any wildlife being hurt with the way you dispose of your single-use mask - **snip off the strap before you bin your mask**. This will ensure no wildlife gets tangled up in it.

Step 2

Place any used mask in a closed bin - ideally one that does not need to be touched so you avoid the risk of spreading infection.



Step 3

If a closed bin is unavailable, you need to place the face mask in sealed bag and then bin it. Whenever you dispose of your mask it should be double bagged - two bin liners or a small bag holding the mask and placed inside a bin - so that the person handling the waste is not exposed.

Reusable face masks . . .

You can make your own protective face mask at home. On the internet you can find many DIY styles - some of them don't even require sewing. Or you can purchase a ready-made stylish mask from your local pharmacy or buy them online from places that are helping people in need. It's useful to have several so when one is being washed you still have one to wear.

- www.lifehacker.com.au

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



Try as it might the COVID pandemic has not been able to keep us off the airwaves and you will still find the 'Best little Station in the Nation' by tuning into 105.9 FM or streaming us by going to www.2NVR.org.au.

We have an increasing number of presenters who are getting the technology and training to be able to broadcast their programs from home if they need to. We are committed to staying on air and providing up to date information particularly during lockdowns when current local information is particularly important.

We are still searching for volunteers to help with office admin, grant writing and ground maintenance. Experience would be preferred, please call 0419 707 874.

Unfortunately, the pandemic has forced us to cancel the July and August Studio 3 sessions. These normally occur on the 3rd Friday of each month. Studio 3 is free of charge and you can enjoy some of the region's most talented artists while we broadcast live to air. It is likely that we will not be able to have a live studio audience for our September gig however keep checking our Facebook page as this may change and you can come and enjoy the vibe.

This month, on Friday 17 September from 6-8 pm you can enjoy the good time that is *The Wild Women of Anywhere Beach* made up of Cathy Welsford and Angie Smith who are singer/songwriters and delight in pushing the ukulele to new parameters. They are also cheeky and lots of fun!



Even if you can't make the Studio 3 gig in person you can listen by tuning in on 105.9 FM or stream live.

Please also visit us on Facebook to keep up to date with what is happening on 2NVR.

Everyday things you probably didn't know about

Microwave protection

Did you know that the black grating you see on the door of your microwave actually has a name? It is called the Faraday shield and it prevents the electromagnetic fields from escaping the oven.

It helps cooks your food while keeping you safe from harm. That black grating might just be one of the most underappreciated things on the planet.



What it means to be 'Ghosted' *Continued from Page 6*

silence can easily shatter your confidence and leave you feeling confused and rejected. You're left retracing your steps to see where you went wrong, or worse, in limbo, wondering if it's appropriate to follow up.

What personality traits cause people to ghost others?

Ghosting is very common. In fact, a 5-year-old observational study showed that almost 50% of people in the dating world have either been ghosted or ghosted someone themselves.



There are no specific personality traits that make one person more likely to ghost someone than another. Even decent, good people may ghost someone at some point in their lives, since cutting off contact with someone is often much easier than confronting them.

- www.medicinenet.com

Telstra public payphones now Free *Continued from Page 20*

being left behind: factors such as low income or hesitancy to adopt new technology are ongoing barriers to digital inclusion.

Recent Canstar Blue research shows that the average monthly cost of a plan and bundled phone is \$81 in Australia with \$35 the average for SIM-only plans. While there are certainly cheaper BYO phone plans on the market – starting from under \$10 for unlimited talk and text – the cost of the device itself can mean those on fixed incomes can feel priced out.



Opening up payphones as a free resource is a great step in combating the isolation experienced by many Australians especially in times of crisis. It's also a great back-up for existing mobile phone owners who may be low on credit or battery life but need to make an urgent call when out and about.

Telstra has confirmed that while national mobile and landline calls will be free on payphones going forward, calls to international, premium or satellite phone numbers will still incur a charge. The telco is also making its payphone network coinless from October 1, so customers planning to use public phone booths to make overseas or premium calls are advised to purchase a Telstra phone card.

- www.canstarblue.com.au

What's the difference . . ?

Between a Latte and a Flat White

Continued from page 12



Less foam and more espresso makes flat white the perfect drink for latte art as the barister is able to create a greater contrast from the double espresso and lightly steamed milk.

Cappuccino

Cappuccino gets its name from the Capuchin monks, in reference to the colour of their capes. Cappuccinos are almost always served in a 150-200ml cup, with one espresso. What makes cappuccino different from latte and flat white is the amount of foam - it should double the amount of foam on a latte or a flat white. Cappuccino should always come with a single espresso!



There is a funny "rule" about cappuccinos in Italy - one shouldn't order a cappuccino after 11am as cappuccinos are considered as breakfast drinks as they consist of a lot of milk and it's considered heavy.

- www.baristainstitute.com



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Bowraville Chamber has productive relationships with Nambucca Valley Council and the Nambucca and Macksville Chambers of Commerce.

All welcome to come along, meet new people to stay informed and to have input into what is happening in our town and shire.

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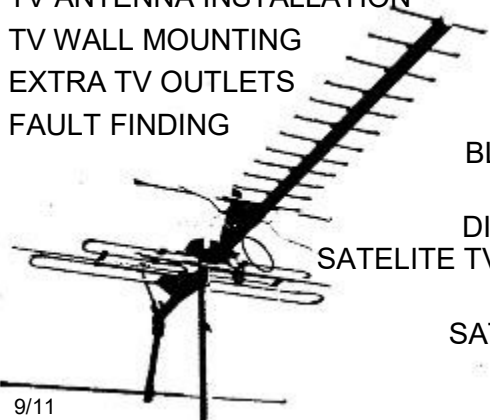
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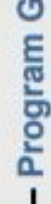
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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2021

Studio 3 Live on the 3rd Friday of each month



Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	2NVR Music Mix EnmaG returns next season	Drive Thru With Jackie Edmunds Mix of 60s, 70s to current music	2NVR Music Mix Gold at Breakfast Deyna Gold Wake up with Deyna. It's gold.	Under The Stinging Tree Poppa All music, news, info...	The Big Breakfast With Jackie Edmunds A mix of community events, news and interviews along with some great music to kickstart your weekend!	Here Be Dragons Nuke or Elizabeth No-fee fire and ice music	Beat the RETREAT Sean & Pete All the beats and all the drum	6 AM
7 AM	Classic Hits & Jukebox Paul Rowe Great Rock 'n' Roll 1950s-2010s	2NVR Music Mix	Isn't It Romantic With Delias Dent Crooners Easy Listening	Tones of Clairessence Claire Watt-Powell	Talk Of The Town Winter host: DJ Macca See what's going down! All things local	Hair Of The Dog Mick Britles 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	Lunch with Gazza With Gary Biden Easy Listening To Rock & Pop	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 Aspiotis	8 AM
9 AM	The Weekly Fix Paul Webley	Roving with Linda Bible reflections, Gospel & Australiana	Just For You Carols J. Simmons Followed by Karola's Deutsche Musik Stunde 2NVR International Radio	ETP Valley Views & Voices With Elizabeth Newman	Dhirendra The Time Traveller Sounds from all over the place	Garage Noise With Sean Ambrose Alternative Music	Lots of Aussie music old and new	9 AM
10 AM	Dyer's Loop The Dyers Music to dye for, of course	Rock On With Jimmy & the Bluebirds	MC Grim Mark Seagrims Music with a wicked difference	Stevo's Tracks With Steven	Wind Down for the Weekend Su & The Crew	Saturday Roundup With Rachel Burns	Folk and Aussie music focus from the past few decades	10 AM
11 AM	Hinterland With Ben Walters	Sister Act Olivia & Sam	Tune in with Alex 2NVR Youth Radio	Stevie's Tracks With Steven	Rhino On The Radio Eclectic, irreverent fun with more than a dash of insanity	Two For The Money Paul and Rachel Burns	That's A Wrap Donna, Nigel, Mitch, Gary & Les	11 AM
Noon	Blowra Beats With Grace 2NVR Youth Radio	Retro Birds Robyn Wren & Sally Swan Not out of the box radio entertainment	The AMRAP Music Show Anthony Garmsey Solid Rock	Turn Up The Volume With Les McMahon	The Panic Room With the Voice of Panic Ear-chosen music!	Prog Rock Playlist Rhino	Imagine This Radio drama	Noon
1 PM	Reggae Mixtape With Fitzroy Music outside the usual 2NVR International Radio	Blues Soul Funk Matt Lebrandt & friends Blues, soul, funk and lively interviews.	Ant's Rock Anthony Garmsey Solid Rock	Thursdays Country Trickin'	2NVR Overnight Music Mix	Wolffy Wolffy's music & requests	The best of Progressive Rock	1 PM
2 PM	Music Makers With Yen Mixed music with featured artists	2NVR Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	Nambucca Valley Roundup Retro	Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2 PM
3 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	Highway Blues With Retro When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	3 PM
4 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	66 When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	4 PM
5 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	66 When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	5 PM
6 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	66 When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	6 PM
7 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	66 When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	66 When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	66 When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	66 When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	66 When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	Overnight Music Mix	Ant's Rock Anthony Garmsey Solid Rock	66 When Only The BEST BLUES Will Do	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Midnight

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