

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 2023 ~ ISSUE #221 ~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

— BREAKING NEWS — BREAKING NEWS —

Bowraville qualifies as an overall finalist!

The Tidy Towns committee has just announced that Bowraville has submitted enough entries to qualify as a Finalist for the Overall NSW Tidy Towns Award.

The winner will be announced at the 2023 Awards Ceremony held in Scone in November 2023.



Bowraville has entered 6 different categories this year and both the Bowraville Tidy Towns committee and the Bowraville Chamber of Commerce are very excited with this news.

Category: Biodiversity Conservation. **Project:** Yuraal Native Community Gardens (Mujaay Ganma Foundation Aboriginal Corporation).

Category: Bush Spirit Award. **Project:** Phoenix, Together We Rise (Nambucca Valley Phoenix Ltd).

Category: Climate Change Mitigation and Adaptation (Sponsored by Snowy Hydro). **Project:** "We Love Our River" (Nambucca Valley Landcare).

Category: Heritage & Culture. **Project:** The Mural Project Bowraville (NSW Health MNCLHD).

Category: Local Legend's (Under 25 Years) Award.

Project: Young Legend Wurinda Gill (Mujaay Ganma Foundation Aboriginal Corporation).

Category: Local Legend's (Over 65 Years) Award.

Project: Hal Usher (Bowraville Chamber of Commerce and Tidy Town Committee).

The Tidy Towns Assessor will be visiting Bowraville on the 10th/11th of September 2023.

It is an honor for a small town like Bowraville to be nominated as an overall finalist!



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!

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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
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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 OCTOBER 2023

ISSUE IS: 4:00PM

TUESDAY, 19th SEPTEMBER 2023

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Services Australia Agency

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

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

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

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

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



Australian Government
Services Australia

*Does your computer need servicing?
Is it going slow?
Do you suspect a virus?
Or it just won't work the way you want it to?*

**Come into the
BOWRAVILLE TECHNOLOGY
CENTRE**

**39 High Street, Bowraville
6564-7420
admin@bctc.com.au**

BOWRAVILLE GIFT SHOP



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

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

6/11

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!



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

*“Imperfection is
beauty,
madness is genius
and it's better
to be absolutely
ridiculous
than absolutely
boring.”*

- Marilyn Monroe

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

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

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

Call Cynthia on 6564 7420
for more information.

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

eftpos

WHAT'S HAPPENING IN BOWRA ~ WHAT'S HAPPENING IN BOWRA

Environmental Exhibition at the Pioneer Community Hall Saturday 2nd September - 9am till 3pm

Discover the environmental groups operating in our area and their particular area of focus.

After the Fires: The Art of Recovery

Opening 9th September 11am Phoenix Gallery, 88 High Street

This exhibition is the culmination of the 2-year program delivered by Arts Mid North Coast and showcases some of the artworks created by communities as well as videos documenting projects from across the region. Talks from artists and researcher Dr Emma Gentle sharing outcomes from the evaluation.

Community Planting Day

Nambucca Valley Landcare has been undertaking bank restoration works at Warrell Creek at Scotts Head. There will be a community planting day there at the completion of works on 23rd September, 9.30am at River Oak Crescent, Scotts Head.

Rachel's Farm – Screening Again

Rachel's Farm is all the talk at the moment and Nambucca Valley Landcare will be hosting three evenings showing the movie across the Nambucca Valley. These are:

16th September, Eungai District Soldier's Memorial Hall, 6pm

23rd September, Taylors Arm Community Hall, 6pm

7th October, Valla Community Hall, 6.30pm

A farm management workshop with Mick Green (Rachel's Farm), Brian Wehlburg (InsideOutside Management) and Craig Clarke from LLS will be presenting on the day.

For all ticketing details check out our social media pages.

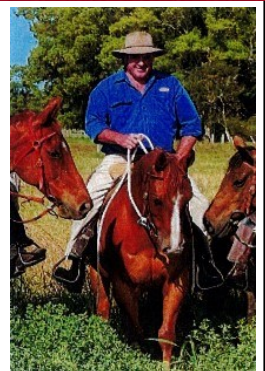
BARNEY TOWNLEY 0428 647 340

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



**RURAL
SALES**

NAMBUCCA VALLEY & SURROUNDS

www.ruralsales.com.au

The hidden cost of the AI boom: Social and environmental exploitation

Mainstream conversations about artificial intelligence (AI) have been dominated by a few key concerns, such as whether superintelligent AI will wipe us out, or whether AI will steal our jobs. But we've paid less attention to various other environmental and social impacts of our "consumption" of AI, which are arguably just as important.

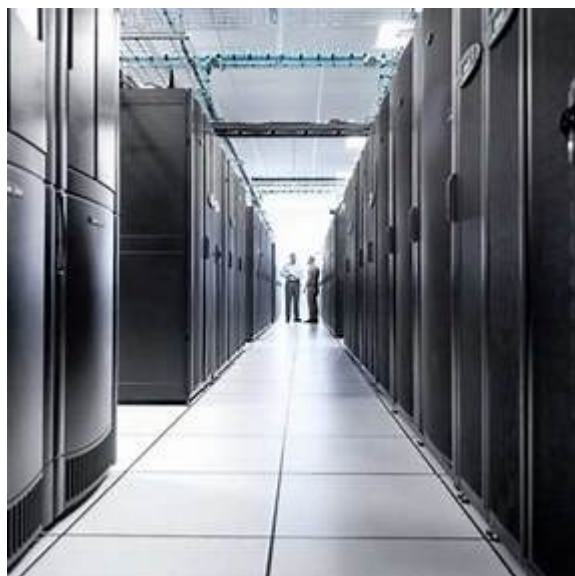
Everything we consume has associated "externalities" – the indirect impacts of our consumption. For instance, industrial pollution is a well-known externality that has a negative impact on people and the environment.

The online services we use daily also have externalities, but there seems to be a much lower level of public awareness of these. Given the massive uptake in the use of AI, these factors mustn't be overlooked.

Environmental impacts of AI use

In 2019, French think tank The Shift Project estimated that the use of digital technologies produces more carbon emissions than the aviation industry. And although AI is currently estimated to contribute less than 1% of total carbon emissions, the AI market size is predicted to grow ninefold by 2030.

Tools such as ChatGPT are built on advanced computational systems called large language models (LLMs). Although we access these models online, they are run and trained in physical data centres around the world that consume significant resources.



Last year, AI company Hugging Face published an estimate of the carbon footprint of its own LLM called BLOOM (a model of similar complexity to OpenAI's GPT-3).

Accounting for the impact of raw material extraction, manufacturing, training, deployment and end-of-life disposal, the model's development and usage resulted in the equivalent of 60 flights from New York to London.

Hugging Face also estimated GPT-3's life cycle would result in ten times greater emissions, since the data centres powering it run on a more carbon-intensive grid. This is without considering the raw material, manufacturing and disposal impacts associated with GTP-3.

Beyond this, running AI models requires large amounts of water. Data centres use water towers to cool the on-site servers where AI models are trained and

Continued on Page 18

Blokes Breaky

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

Womens' Brekkie

3rd Saturday of the month
from 7am for 7.30 start
Bowraville Anglican Church Hall

Bowra Country Markets

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

St Jimmy's Kitchen

3rd Thursday of Month
6pm at St James Church Hall

St Jimmy's Food Hub

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

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

WOOD-FIRED PIZZA Wed - Sun
LUNCH 11:30am-2:00pm Tues - Sun
DINNER 5.30pm - 8pm Tues - Sun
All menus available for takeaway
Regular Live Music
Holy Goat Coffee

3/11

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

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



Bowraville & District Ex-Services Club 6564-7304

What we have to offer . . .

TAB - KENO - BINGO
RAFFLES - Wednesdays & Friday
MEMBERS' DRAW min \$1500
KITCHEN Wednesday to Saturday
f Lunch 12-2pm - Dinner 6-8pm

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

5/11

FREE POOL Everyday

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

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

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

~ Groups by appointment ~

4/11

NAMBUCCA RIVER REALTY

YOUR NAMBUCCA VALLEY SPECIALIST

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

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

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

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

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

6/11

~ **WHAT'S ON AT THE BOWRA THEATRE - SEPTEMBER 2ND** ~

**Bowraville Theatre 20th Anniversary Concert
with Little Georgia & Benny Williams**

Saturday, 2nd September 2023 @ 6:30PM

This celebration in honour of its 20th anniversary features a spectacular concert featuring the sensational folk-rock duo, Little Georgia.

The raw energy between collaborators Justin Carter and Ashleigh Mannix draws you into their live performances and encapsulates the honesty in their song craft. Whether it's accompanying gentle acoustic folk songs or crazed out electric jams, their distinctive vocal harmonies tie their melting pot of influences together, creating a sound that is unique to Little Georgia.

This is a family friendly event; however children must be supervised at all times.

The Bowraville Theatre will have a bar with wine and beer. The candy bar will be open for cold drinks, popcorn, sweets and savoury snacks.

Music starts 7.00pm

Online Tickets + Bkg Fees. Adults \$25, U12 Kids \$12.50

If available at the door on the night.

Since reopening in 2003, The Bowraville Theatre has been a cherished landmark in our town, serving as a hub for artistic expression and entertainment for two decades. Over the years, the Theatre has witnessed numerous acts, from local talents to international artists, leaving an indelible mark on the hearts of all who have graced its stage or sat in its audience.



Bowraville Theatre

74 High Street, Bowraville ~ 6564-7808 ~ bowravilletheatre.com.au



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

N/C

70 High Street – in the heart of Bowraville

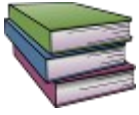
Monthly meetings, 2nd Saturday of each month at 1pm.

Bowra Country Market, 2nd Saturday of every month. Enquiries: 6568 3370

Donations welcomed, of saleable **books & bric-a-brac** for our fundraising table, and for our January book fair are always welcomed.

Volunteers wanted. Do you have skills to share?

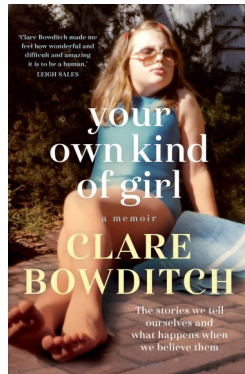
Find us on Facebook. Enquiries to Marion 0400 828 471 email: bcdainc@gmail.com



A Memoir

by Clare Bowditch

ARIA Award-winning singer and actress Clare Bowditch confronts her inner critic in this no-holds-barred memoir.



“This is the story I promised myself, aged twenty-one, that I would one day be brave enough - and well enough - to write.”

Clare Bowditch has always had a knack for telling stories. Through her music and performing, this beloved Australian artist has touched hundreds of thousands of lives.

But what of the stories she used to tell herself? That 'real life' only begins once you're thin or beautiful, that good things only happen to other people.

Your Own Kind of Girl reveals a childhood punctuated by grief, anxiety and compulsion, and tells how these forces shaped Clare's life for better and for worse. This is a heartbreaking, wise and at times playful memoir.

Clare's own story told raw and as it happened. A reminder that even on the darkest of nights, victory is closer than it seems.

With startling candour, Clare lays bare her truth in the hope that doing so will inspire anyone who's ever done battle with their inner critic.

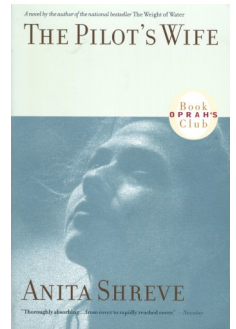
This is the work of a woman who has found her true power - and wants to pass it on. Happiness, we discover, is only possible when we take charge of the stories we tell ourselves.

- booktopia.com.au

The Pilot's Wife

by Anita Shreve

When Kathryn Lyons receives word that a plane flown by her husband, Jack, has exploded near the coast of Ireland, she confronts the unfathomable - one startling revelation at a time.



Drawn into a maelstrom of publicity fuelled by rumours that Jack led a secret life, Kathryn sets out to learn who her husband really was, whatever that knowledge might cost.

The novel is essentially a mystery, with Kathryn playing the unwilling sleuth who must follow her husband's trail backwards all the way to Ireland.

Because Kathryn is so distraught and grief-stricken, she doesn't add up the clues as fast as the reader, making the book a little slow at times. However, when Kathryn essentially solves the mystery of Jack, she realizes that she never knew him, and she never will.

Her search leads her not only to some answers, but to a realisation that the possibility is slim of ever fully knowing those we love.

- 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.

Thank you.

Make staying connected and asking R U OK? part of your everyday

Start by asking, 'are you OK?'

**No, I'm
not OK.**

**Yes,
I'm fine.**

Dig a bit deeper:

"What's been happening?"

**"Have you been feeling
this way for a while?"**

**"I'm ready to listen if
you want to talk."**

**But your gut
says they're not:**

**"It's just that you don't seem
to be your usual self lately."**

**"I'm always here if you
want to chat."**

**"Is there someone else you'd
rather talk to?"**

Listen with an open mind

Encourage action and offer support

"How can I help?"

"Have you thought about seeing your doctor?"

"What would help take the pressure off?"

Make time to check in

"Let's chat again next week."

ruok.org.au

RUOK?

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



How does your First Aid Kit look?

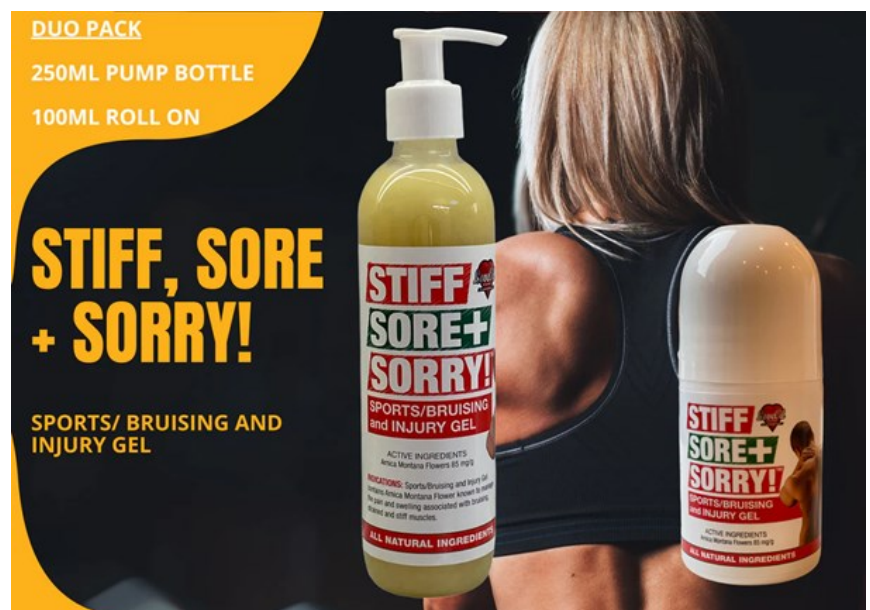
Come in today with your first aid kit and we will organise and replenish it for you.



For the month of September you will receive **10% OFF** all first aid kit stock ups.

Stiff, Sore & Sorry

Stiff, Sore + Sorry pain relief gel is made with a combination of natural ingredients including Arnica and Capsicum. The gel can provide relief from symptoms of osteoarthritis and other pain associated with arthritis.



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



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

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

Call in to Norco and speak to Garry, Paul or Kirk.

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

For the home garden or big acre farming . . .

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

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



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

3/11

Bird-friendly Gardening

Where do I start?



Birds are just like people. In order to survive, they need a comfortable living environment with all the same things we need – food, water and shelter. By providing them with those things, you will be making your garden not just beautiful, but bird friendly as well.

What do I need?

The key to designing a bird-friendly garden is lots of plants at different heights to create a multi-layered habitat. Start off with ground covers, small and medium-sized shrubs (for density) and, where possible, add trees that will provide year-round food and shelter for many different species. Use these simple principles to help you plan your garden.

Don't forget to consider the plants you already have and take note of which birds are using them. Instead of removing vegetation straight away, add new vegetation to provide some resources that you might otherwise be missing and to attract new birds to your patch.

Remember to make sure there is water readily available (put in a bird bath or two!) and plants that flower at different times throughout the year. That way, your local birdlife will never go hungry or thirsty.

Plants that grow naturally in your area are suited to local conditions and are referred to as indigenous. These plants will provide the right



Continued on Page 14

The more prepared you are for emergencies and disasters, the less stressful they become.

Nambucca Valley Red Cross Emergency Services Team wish to advise of our Emergency **Preparedness Information Day** to be held during the annual Red Cross Ready Week on **Tuesday 19th September 2023** between **10am and 3pm**. Join us at the **Red Cross Tea House** in Bowra Street, Nambucca Heads.



The team will also be in Macksville at the front of **Betta Electrical** on **Saturday 23rd September** between **9am and 12noon** where we will provide some fantastic information and tips on how to prepare for a variety of emergencies.

Emergencies are not something we think about every day – yet still they affect hundreds of thousands of people across Australia every year.

Thankfully, there are things you can do now to help you and your loved ones to be prepared and cope should an emergency occur.

Emergency RediPlan is an award winning and internationally recognised disaster preparedness guide designed to assist individuals and households create their own personalised emergency plan and prepare themselves for the longer-term psychosocial impacts of an emergency.

Come and say hello on Tuesday 19th September between 10am and 3pm at Nambucca Heads OR on Saturday 23rd September from 9am to 12noon at Macksville.

**HAVE A LOOK AT FREE RESOURCES WE HAVE ON OFFER
AND MEET SOME OF OUR EXPERIENCED VOLUNTEERS TO
DISCUSS YOUR EMERGENCY PLAN.**

Youth Drop In/Computer Café and After-Hours Arts

Term 3, 18th July to 21st Sept

Adam Lane, Yurt 1, Phoenix School of Arts

Tuesdays 3.30-5.30pm

Performing Arts with Hannah

Wednesdays 3.30-5.30pm

Ceramics with Monique

Thursdays 3.30-5.30pm

Drop In - Digital and Visual Arts

FREE

**PROGRAM FOR
YOUNG PEOPLE**

AGES 12-24

CATERING PROVIDED

**REGISTRATION IS ESSENTIAL
PRIOR TO ATTENDING**

YOUTH@NVP.ORG.AU

02 6501 0021

Don't forget
Dad this
Father's Day
SUNDAY

3RD SEPTEMBER

*"A son's first hero, a
daughter's first love."*

~ GARDENS & GARDENING ~

Bird-friendly Gardening

Continued from page 12

food and shelter for a range of local native birds, unlike some hybrids or plants from other parts of Australia and are less likely to become weeds or favour larger, more aggressive birds.

If you can't get indigenous plants, general natives are the next best thing. Specifically, here are the types of plants you should get based on the type of birds you are trying to attract (don't forget to look for the indigenous versions).

Seed-eaters

Seed-eaters (like finches) generally like dense vegetation to nest, forage and shelter in. Plant grasses next to thick shrubs for an optimal environment. Some examples of both shrubs and grasses are Tea-tree, Acacia (Wattle), Lomandra, Themeda (Kangaroo grass) and Poa (Tussock grass).

Honeyeaters

Honeyeaters (like spinebills) rely on dense vegetation to nest in, as well as to hide from larger, aggressive or carnivorous birds. However, they feed on the nectar of shrubs and trees, so both types of vegetation need to be accounted for. Examples of plants a honeyeater would be attracted to are Banksia, Grevillea, Hakea, Melaleuca and Correa.

Insect-eaters

Insect-eaters need to be in or close to dense vegetation and enjoy many of the same shrubs as honeyeater - this gives them protection from predators. To make the perfect home for insect-eaters, plant a variety of small shrubs and provide ample mulch on the ground to encourage insect life. Examples of



Continued on Page 16

You're invited . . .
**MISSABOTTI VALLEY
REUNION**

Share memories and stories.

Celebrate your connection to
Missabotti community and
country - past and present.

Country Café, Barbeque, Raffle.

Gold coin donation. BYO.

10AM SUNDAY
1 OCTOBER 2023
MISSABOTTI HALL



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



3/11

LIONS CLUB OF BOWRAVILLE INC.

SUPPORTING OUR COMMUNITY

**Join the Bowraville Lions Club
and Make a Difference!**

Are you ready to make a positive impact in
your community? Join the Bowraville Lions
Club today and become part of a passionate
group of individuals dedicated to
serving others.

Contact Us at 0439704510
or bowraville@lionsdistrict201n1.org.au

Jamie Hutton, President



**Lions Club
Bowraville**

6/11

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



6/11

Damian's ShoreTrack story

My name is Damian, and I am really interested in a career in the automotive industry.

I'm currently enrolled in the Certificate II in Rural Operations and the SAW (ShoreTrack Automotive Workshop) program, so I attend the ShoreTrack workshop in the Macksville Industrial Estate three days a week and work experience at George's workshop two days per week.

I started in ShoreTrack at the start of 2022 just coming two days a week while I was at school. I learnt lots of new things in welding and metal fabrication, as well as concreting, carpentry and lawn maintenance. I really enjoy working on cars and small engines so I try to do that as often as I can.

All the staff are great. There are tradies who really know what they're talking about and have heaps of experience and then the others who give you the support you need to build your confidence and get to where you want to go. There's always a good feed for breakfast and lunch and transport to the shed or the projects we do in the community. When we've had a hard day out mowing or working on a project for someone, we have time to relax and cool off at the river or beach and just have time to be with our mates.

I'm really interested in work on tractors, quad bikes and using metal fabrication machinery as these are things I really enjoy. Last week I made a metal toolbox from scratch.

The ShoreTrack program is great. I've learnt so many new skills which will help me get a job in the automotive industry. I'm also doing work experience two days a week as part of this program and it's really helping my confidence and knowledge.

~ GARDENS & GARDENING ~

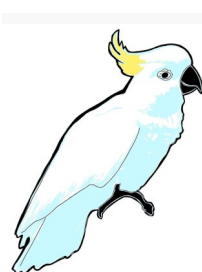
Bird-friendly Gardening

from page 14

small shrubs are Acacia (Wattle), Leptospermum, Kunzea and Tea-tree.

Benefits of a bird-friendly garden

Birds are truly incredible creatures and



Australia is blessed with such diversity, with over 800 bird species occurring on our shores. Birds are a crucial part of the Australian ecosystem, and having native birds in your garden, in

turn, helps the environment.

Birds disperse seeds and pollinate flowers, keeping your garden fertile and healthy. Birds also keep insects under control by eating them

A garden full of wildlife provides natural beauty to your backyard.

Native wildlife make up the environment that we call home but what few of us realise is – our home is their home as well. Many of our native birds rely on our gardens and parks for their survival.

Interacting with nature has proven benefits - physically, psychologically and socially.

For more information on bird-friendly gardening and Australia's native birdlife, visit the [Birds in Backyards](https://birds.in.backyards.org.au/) or [BirdLife Australia](https://birdlifeaustralia.org.au/) website.

- aussiebirdcount.org.au/gardening/



125 YEARS CELEBRATION FOR ST. JAMES' ANGLICAN CHURCH, BOWRAVILLE

On 7th January 2024, the historic church of St. James in Bowraville turns 125.

A service of thanksgiving at 10am, followed by a luncheon and the dedication of the upgraded Bowraville Church Hall is planned for Sunday, 07.01.2024.



If there is anyone within our area who would be able to help with historical information, photos or personal stories, it would be a wonderful contribution to the day's events.

If people have records or memories of Baptisms, Confirmations, Marriages, Funerals, or any other significant event held at St. James over the years and who would be willing to share them, it would be greatly appreciated.

Everyone from near and far who is interested in celebrating this wonderful occasion with us, will be warmly welcomed. St. James' is one of the most active small communities in the Valley at this time in its history and worship services have been held continuously for its 125 years of consecration.

For further information please contact Rev. Ros Johnson 0427 543 377.



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6/11

Bank@Post is an agency service provided by Australia Post on behalf of over 70 financial institutions. Bank@Post is available at participating Post Offices. Services available are cash withdrawals, deposits and balance enquiries.

The hidden cost of the AI boom *from page 6*

deployed. Google recently came under fire for plans to build a new data centre in drought-stricken Uruguay that would use 7.6 million litres of water each day to cool its servers, according to the nation's Ministry of Environment (although the Minister for Industry has contested the figures). Water is also needed to generate electricity used to run data centres.

In a preprint published this year, Pengfei Li and colleagues presented a methodology for gauging the water footprint of AI models. They did this in response to a lack of transparency in how companies evaluate the water footprint associated with using and training AI.

They estimate training GPT-3 required somewhere between 210,000 and 700,000 litres of water (the equivalent of that used to produce between 300 and 1,000 cars). For a conversation with 20 to 50 questions, ChatGPT was estimated to “drink” the equivalent of a 500-millilitre bottle of water.

Social impacts of AI use

LLMs often need extensive human input during the training phase. This is typically outsourced to independent contractors who face precarious work conditions in low-income countries, leading to “digital sweatshop” criticisms.

In January, Time reported on how Kenyan workers contracted to label text data for ChatGPT's “toxicity” detection were paid less than US\$2 per hour while being exposed to explicit and traumatic content.



LLMs can also be used to generate fake news and propaganda. Left unchecked, AI has the potential to be used to manipulate public opinion, and by extension could undermine democratic processes. In a recent experiment, researchers at Stanford University found AI-generated messages were consistently persuasive to human readers on topical issues such as carbon taxes and banning assault weapons.

Not everyone will be able to adapt to the AI boom. The large-scale adoption of AI has the potential to worsen global wealth inequality. It will not only cause significant disruptions to the job market – but could particularly marginalise workers from certain backgrounds and in specific industries.

Are there solutions?

The way AI impacts us over time will depend on myriad factors. Future generative AI models *could* be designed to use significantly less energy, but it's hard to say whether they will be.

When it comes to data centres, the location of the centres, the type

Continued on Page 20

Service NSW is coming to our community



Our Mobile Service Centre will be in Bowraville on Thursday 7th September from 10:00am to 3:00pm located near the Bowraville Pharmacy.



**Service
NSW**

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



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

Roz Johnston 0427 543 377

email: nambuccaanglicans@tpg.com.au

*Baptisms, weddings and funerals
can be arranged
by phoning 6568-9029*

3/11

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

Womens' Brekkie
3rd Saturday of the month
at St James - 7am or 7.30 start

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

Bowra St Jimmy's Food Hub
Monday, Friday & Saturday 9am until
11am must have a Centrelink card.

3/11

The hidden cost of the AI boom *from page 18*

of power generation they use, and the time of day they are used can significantly impact their overall energy and water consumption. Optimising these computing resources could result in significant reductions. Companies including Google, Hugging Face and Microsoft have championed the role their AI and cloud services can play in managing resource usage to achieve efficiency gains.

Also, as direct or indirect consumers of AI services, it's important we're all aware that every chatbot query and image generation results in water and energy use and could have implications for human labour.

AI's growing popularity might eventually trigger the development of sustainability standards and certifications. These would help users understand and compare the impacts of specific AI services, allowing them to choose those which have been certified. This would be similar to the Climate Neutral Data Centre Pact wherein European data centre operators have agreed to make data centres climate neutral by 2030.



Governments will also play a part. The European Parliament has approved draft legislation to mitigate the risks of AI usage. And earlier this year the US senate heard testimonies from a range of experts on how AI might be effectively regulated, and its harms minimised. China has also published rules on the use of generative AI, requiring security assessments for products offering services to the public.

- www.theconversation.com

To Market, to market . . .

Nambucca Plaza Lions Market- 2nd Sunday every month.

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

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

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

Bowra Country Markets - 2nd Saturday each month Pioneer

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

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

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

BOWRAVILLE CENTRAL SCHOOL NEWS

Primary Mid North Coast Athletics

Brooklyn and Navada competed and performed well in both the heats and finals of their 100m age race at the Coffs Harbour International Stadium last Monday.

In exciting news, Daari has now qualified for the North Coast regional carnival to be held in Lismore in both the 100m and 200m. Congratulations to all three students.



Pasta making with Year 8

Ms Wilson's Year 8 Technology class discovered the fun of making pasta from scratch. To complete the task they made a delicious Carbonara to complete their Italian inspired meal.





Watt Creek Cycleway Grand Opening Community Bike Ride

Nambucca Valley Council, with grant funding from Restart NSW under the Cycling Infrastructure Fund and additional funding from the Department of Regional NSW under the Stronger Country Communities Fund, is soon to complete construction of the Watt Creek Cycleway – all stages - linking our towns along the Nambucca River.

An opening event - Nambucca and Macksville Community Bike Ride - is scheduled on **Sunday 10 September**. The event will celebrate the completion of the Watt Creek Cycleway which connects Macksville to Nambucca Heads with a top-quality cycle path that is safe for all users.

Council, in collaboration with Rotary, ShoreTrack and The Wheelsmith Cycle Shop will be hosting this official opening event.

THE ROUTE: The route of the ride follows the recently completed cycleway from Ferry Park, Macksville to the RSL Carpark, Nambucca Heads. Participants can start at either end. The total distance of the return ride is 25km.

START TIME: There is no official starting time – participants can start whenever they like! The only fixed time for the whole morning program is **11.00am** at the park near the Boatshed Café in the Nambucca Heads RSL Carpark where there will be an Official Opening Ceremony, some stalls and a lucky prize draw where registered riders allocated numbers will be randomly drawn.

REGISTRATION: Registration is free but all riders must be registered. Pre-ride registration is encouraged and will be available in Nambucca Heads at HelloWorld Travel in Bowra Street, Nambucca Heads and in Macksville at Wheelsmith Cycles, Wallace Street. To register simply write your name, email address and phone number on a sheet provided and be given your ride number which you will need to wear or attach to your bike during the ride.

The Watt Creek Cycleway Grand Opening Community Bike Ride not only officially opens the new cycleway, but also encourages residents to embrace healthier lifestyles, reduce their carbon footprint, and come together as a united community. The cycleway serves as a symbol of the collective effort to promote sustainable transportation and shared path awareness and was made possible with grant funding from two (2) different sources of NSW Government funding, in association with Council. The celebration will include engaging activities like a bike safety station, where attendees can gain valuable safety insights and receive complimentary bike safety inspections. Exciting prizes and giveaways are also part of the festivities, encouraging broad participation and highlighting the importance of bike safety.

Trust the Signs, Trust your Gut and Ask **R U OK?**

Begin a conversation that could change a life

Got a feeling that someone you know or care about isn't behaving as they normally would? Perhaps they seem out of sorts? More agitated or withdrawn? Or they're just not themselves. Trust that gut instinct and act on it.



By starting a conversation and commenting on the changes you've noticed, you could help that family member, friend or workmate open up.

If they say they are not OK, you can follow the conversation steps to show them they're supported and help them find strategies to better manage the load. If they are OK, that person will know you're someone who cares enough to ask.



Before you can look out for others, you need to look out for yourself. And that's OK. If you're not in the right headspace or you don't think you're the right person to have the conversation try to think of someone else in their support network who could talk to them.

To help you decide whether you're ready to start a meaningful conversation, ask yourself:

AM I READY?

- Am I in a good headspace?
- Am I willing to genuinely listen?
- Can I give as much time as needed?

AM I PREPARED?

- Do I understand that if I ask how someone's going, the answer could be: "No, I'm not"?
- Do I understand that I can't 'fix' someone's problems?
- Do I accept that they might not be ready to talk? Or they might not want to talk to me?

HAVE I PICKED MY MOMENT?

- Have I chosen somewhere relatively private and comfy?
- Have I figured out a time that will be good to chat?
- Have I made sure I have enough time to chat properly?



- www.ruok.org.au

See you at the 2024 Macksville Agricultural Show? Friday 12th & Saturday 13th April 2024

Walk into the Pavilion on Show Day and you'll smell the flowers and fruit – it's country and we are lucky to live in it. There are Arts and Crafts, Cooking and lots of other goodies but for me the turn on is the things we grow.

Have you ever thought of entering the Macksville Agricultural Show? Imagine the thrill of seeing your vegetables or flowers with a little blue card saying 'First' in your section!

Now that Spring has Sprung get planting those seeds or seedlings and maybe giving one or two of your favourites a bit of extra care and attention with the image of that little blue card in mind. Then, come say February/March take a look at your garden and see what bounty you've grown.

If the whole community entered one or two plants imagine the display, the pavilion would be mind blowing. It doesn't cost anything, just your time to enter.

The Macksville Agricultural Show is a reminder that we live in a pristine area with great produce and beautiful flowers and plants. It's also a great way for young people to be part of our environment.

Even for the long-time gardener there are surprises – heritage vegetables and new varieties of old favourites are all being grown in our backyards.

Every entry supports the show and keeps our old traditions going. Support nature and grow well.

- A show aficionado.

4 SIMPLE STEPS *to making your Bush Fire Survival Plan*

Preparing for a bush fire is easier than you think.

It's your responsibility to prepare yourself, your home and your family.

Follow these 4 simple steps to get ready for a bush fire:



1. DISCUSS
what to do if a
bush fire
threatens your
home.



2. PREPARE
your home and
get it ready for
bush fire
season.



3. KNOW
the bush
fire alert
levels.



4. KEEP
all the bush fire
information numbers,
websites & the smart
phone app.

GIMMY supported by Mikk - Bowraville Theatre Spring Series Friday, 29th September 2023

6:30 pm - 9:30pm

A quartet hailing from the Byron Region, initiated by female artist Jimmy, GIMMY band brings a diverse flavour to the table with sways of surf-garage, indie-rock and glimpses of folk. Alongside her band, Jimmy delivers a raw authentic sound with heavily lyrical songwriting and vibrato vocals that captivates crowds with a charismatic stage performance.

Doors open 6.30pm - Music starts 7.00pm

Tickets online @ trybooking, if available at the door.

The Bowraville Theatre candy bar will be open. EPTPOS available.

This is a family friendly event, children must be supervised at all times.

The Bowraville Theatre Series returns for two weekends this Spring! Set in a charming art deco theatre, these events are designed to enliven the theatre, to provide opportunities for touring and local musicians and to bring accessible and inclusive music events to this regional community.

This program is funded by the NSW Government under the Reconnecting Regional NSW - Community Events Program.



Bowraville Theatre

74 High Street, Bowraville ~ 6564-7808 ~ bowravilletheatre.com.au



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Packed house at Bowraville Theatre for Rachel's Farm

On Tuesday 1st August the Bowraville theatre was packed to see the screening of a documentary produced by the actress Rachel Ward on her recent experiences with transforming her local farm into one that embraces regenerative farming practices. Rachel and her actor husband Bryan Brown are very well-known local identities and are bringing some “star power” to the regenerative farming movement.

The documentary traces Rachel's discovery that her farm and her neighbour's farm were steadily going downhill from continued conventional farming practices and their journey to try to change that to a more sustainable operation.

Along the way there are serious moments and some lighthearted comments – mainly by Bryan Brown. The audience seemed to love it and there was frequent laughter and a general good feeling after the event.

A panel discussion after the screening included several locals who added their perspective to the regenerative farming movement. The audience was also treated to a special short cultural experience video where Rachel met with local Aboriginal people and discussed their connections to the land.

It was great to see so many people at the event which had been sold out. The theatre is a huge asset to Bowraville and it is hoped the venue can remain so for many many years. It is also very good that well known people like Rachel and Bryan give back to their community and promote the beautiful environment we live in here.



make a
positive
difference
in people's
lives.



What is CDAT?

We facilitate incidental, accidental and purposeful conversations to minimise harm from drug and alcohol use.

How you can help.

Help another family support their loved one in recovery by sharing your family's recovery story and experiences.

**VOLUNTEER
TODAY**

Contact details
Miimi Aboriginal Corporation
90 High Street,
Bowraville NSW 2449
Ph: 65648855
manager@miimi.org.au

nsw.cdats.org.au



N/C

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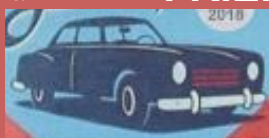


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1/11

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Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Spring 2023							Community Radio Network	
Studio 3 Live on the 3rd Friday of each month 6-8pm								
Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Green Eggs On Toast Lawrie Medbury	The Bohemian Beat With Riddhi	Aussie Grown Across the Nation Aussie Christian grassroots to charts	Tones of Claressense Claire Watt	TGIF Bethina Goodwin	Rise N Shine Ron Hawkins "Salwater People" at 7:30 am "It's Only Words" at 8:30 am	Sunday Morning Soul Sound	6 AM
7 AM	Markets info, news, movies, local news. Nude.	The Sixties in Australia Rob Davidson	Blues, Roots, n Boots Presented by Jonny Dee	Get that musical claressence!	News, tunes and interviews Great music to start your day	Random ravings in a musical rith, news, and views to kick-start your weekend	With Claressense	7 AM
8 AM		From Then To Now With Paul Burns	A Breath of Fresh Air With Sandy Kaye	FlipSide With Phill	Talk Of The Town Cent Wrobel	Down Memory Lane With Streamer	Anything Goes With Phill Music from anywhere/anywhere	8 AM
9 AM	Classic Hits & Jukebox Paul Rowe	Back to Beethoven With Rachel Burns	Smoko With Gazza With Gary Biden	Turning Pages Elizabeth Newman	Peter's Pops With Peter K	Politics & the Environment With Michael Jones	Jazz Made in Australia Paula Langlands	9 AM
10 AM	Great Rock 'n' Roll	Infopinion Richard Laxton, Eddie Orrego, Dale Hawkins	Mystical Music & Musings With Luise	Flashback With Rob Davidson	Classical Tunes & Melodies With Peter K	Fine Music Live On stage	NIMA Chart Show Matty J	10 AM
11 AM	Baby Boomers Donna Collins	Life Words with Linda	Mick in the Middle With Mick Briles	Tewing Tunes With Ralph	Weekend Surge With Chrissie	Afternoon Concert With Peter K	That's A Wrap Donna, Nigel, Mitch, Gary & Les	11 AM
Noon	The Weekley Fix Paul Weekley	Rock On With Jimmy & the Bluebirds	MC Grim Mark Seagram	Thursdays Country Trickiv	Jammin' With Gin Gin's terrific tracks!	Classical music at its best!	Local sports calls and in-depth analysis	Noon
1 PM	A Country Tea Time With Du Tina	Sister Act Olivia & Sam	Music with a wicked difference	Hit Singles From Your Past With Macca	Turn Up The Volume With Macca	Phase Out With Faye Faye Aspiotis	Praise, Prayer & Pop With Michelle	1 PM
2 PM	Slipping and spinning it all!	Retro Birds Robyn Wren & Sally Swan	The Curious World of Lisa Z	Cinemascope & The Assignment (BBC)	Fish's Favourites With Dave P	Saturday Date With Stu	Imagine This Radio drama & stories	2 PM
3 PM	Bowra Beats With Grace Walters	Not out of the box radio entertainment	The Sit Down With Clint Waaka	Tim Unsupervised Tim Hood	Saturday Night Gold On Friday	Save the date every Saturday!	Prog Rock Playlist Rhino	3 PM
4 PM	Hinterland With Ben Walters	Blues Soul Funk Featuring Aussies on NBA	Interviews, music, history, culture and good times!	Late night humour, music, interviews and more...	2NVR Music Mix	2NVR Overnight Music Mix	The best of Progressive Rock	4 PM
5 PM	Reggae Mixtape With Fitzroy	Music outside the usual 2NVR Multicultural Radio	Ant's Rock Anthony Garney	2NVR Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	5 PM
6 PM	Music Makers With Yen	Dröam-Crafft By Dowalfeelsgood	Solid Rock Aussie Focus	2NVR Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	6 PM
7 PM	Mixed music with featured artists	Post-Punk & Electronic Excursions	2NVR Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	7 PM
8 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Overnight	2NVR Overnight Music Mix	2NVR Overnight Music Mix	Midnight

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

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