

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 2024 ~ ISSUE #231~ FREE ~ CIRCULATION 300 ~ POSTCODE 2449

Tallowood Spring Fair

Saturday 7th September
10am - 2pm

220 Bellingen Road, Bowraville

- Open classrooms
- Maypole dances
- BBQ sausage sizzle
- Cakes, baked items & Chai
- Plants & Books for sale
- Children's treasure hunt
- Art & Craft activities
- Plus more!

Cash preferred
(card payment available)



TALLOWOOD STEINER SCHOOL
ENLIVENING EDUCATION

Limited parking, please car-pool or use our courtesy bus
from Mackay Park, Bowraville (10 - 11am, and return runs 1 - 2pm)

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

Bowraville Technology Centre

Open 9.30am to 4.00pm Weekdays

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

Computer Usage

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

Printing and copying

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

Other services

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

Shredding - ask for a quote

Computer repairs - \$25 minimum

Laminating A4 and A3 Binding & Guillotining

We now take credit card payments!

ALL ADVERTISING

ENQUIRIES to

admin@bctc.com.au

ADVERTORIAL

and GENERAL

CONTENT ENQUIRIES

to

wendy@bowraville.nsw.au

Bowraville Technology Centre

39 High St, Bowraville Ph. 02 6564 7420

Open 9.30 to 4pm Weekdays

Email: admin@bctc.com.au

- Services Australia Agent
 - Computer Training ■ Internet Access
 - Equipment Hire ■ Media Sales
 - Photocopying ■ Laminating ■ Photo Printing
 - 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 2024

ISSUE IS: 4:00PM

TUESDAY, 24th SEPTEMBER 2024

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

BOWRAVILLE TECHNOLOGY CENTRE

39 High Street, Bowraville NSW 2449

Telephone: 6564 7420

e-mail: admin@bctc.com.au

DISCLAIMER

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

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

Bowraville Chamber of Commerce
September meeting @ 5pm on Tuesday 3rd @ the Bowra Pub

TALLOWOOD SPRING FAIR

Saturday, 7th September 10am - 2pm
Tallowood School
220 Bellinghen Road, Bowraville

SATURDAY 12th OCTOBER 2.00 pm

20th ANNIVERSARY CONCERT

BOWRAVILLE THEATRE SINGERS

are celebrating with a concert of some of their favourite songs through the years.

Local Government Elections
Saturday, 14th September 2024

Macksville Branch of the CWA (Country Women Association)
Meet 2nd Thursday of each month 10am until 12noon at the CWA room
31 Princess Street, Macksville

For more information, email macksvillecwasec@gmail.com

Nambucca Valley Evening Branch – CWA Meet 2nd Tuesday,
each month - 6pm @ Macksville Ex-Services Club
Country Women coming together to support their community and each other.
Email: secretarynve@gmail.com or send us a message in Facebook.

Keeping the memories alive.

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

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

Bowraville Services Australia Agency

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

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

Also available is personal assistance from one of our trained volunteers on Mondays 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

Have you checked out the
Bowraville Community Website?

www.bowraville.nsw.au

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

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

Support Group for our Everlasting Carers

National Carers Week

Sunday 13th to Saturday 19th October 2024

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

Anyone at any time can become a carer

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

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

The first will be an

Information Day for Carers and the Community

Date: Thursday, 17th October 2024

Venue: Nambucca Heads Plaza

Time: 10am to 2pm

With Entertainment by Barry Noble

Lucky door prizes – See Bev for a ticket.

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

For more information ring Bev (02) 6569-4337

BOWRAVILLE GIFT SHOP



LOCATED AT BOWRAVILLE POST OFFICE

27 HIGH STREET BOWRAVILLE

Monday to Friday: 9am - 5pm

PH: 02 6564-7169

?5/11

BOWRAVILLE PHARMACY

31 HIGH ST BOWRAVILLE

PH: 6564 7925

FAX: 6564 7364

Monday to Friday 8.45am - 5.30pm

Saturday 8.45am - 12 noon

Prescriptions and Professional Advice

Moo Goo Natural Skincare

Designer Brand make-up range

Pharmacist

KERRIE SAVINS



?1/11

TECHNO LESSONS OPEN TO EVERYONE

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

Absolute beginners are most welcome!



One-on-One
Technical support
\$30 per 1/2 hour

Counter Assistance
for small fixes
\$2 per 5 minutes

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

For technical issues contact BTC for a booking.

You can ring the
Bowraville Technology Centre on
6564-7420

“Only those who will risk going too far can possibly find out how far it is possible to go.”

- T.S. Eliot

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

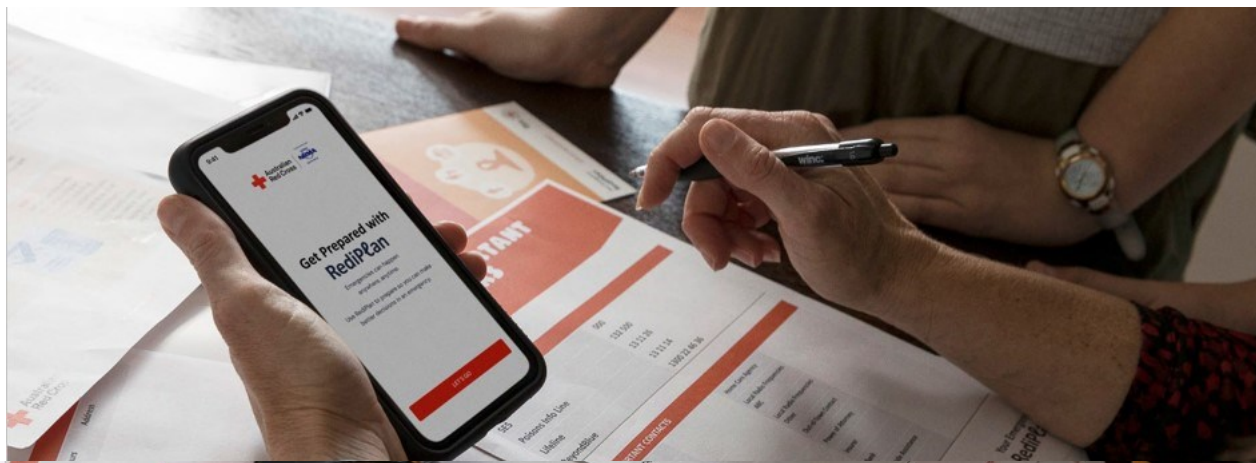
Whichever, here at the Bowraville Technology Centre we're always looking for more volunteers to join the dedicated crew we have on board already.

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

Call Karin on 6564 7420 for more information.

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

eftpos



Saved to this PC

Emergencies happen. It's time to get prepared.

NAMBUCCA VALLEY EVENTS

Nambucca Heads	Tuesday 17 September 2024
Time	10 am - 3 pm
Location	Red Cross Teahouse, Bowra Street
Macksville	Friday 20 September 2024
Time	10 am - 3 pm
Location	Shop Front, Betta Electrical
Bowraville	Saturday 21 September 2024
Time	9 am - 1 pm
Location	Theatre Front, Bowraville

Download the **Get Prepared app** it's your all-hazards emergency plan companion.



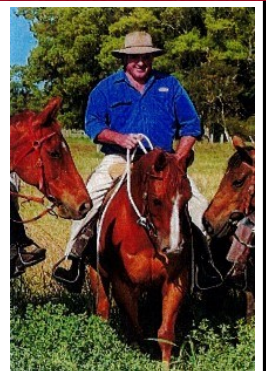
EMERGENCY RESCUE WEEK
16-22 September 2024

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.



?1/11



NAMBUCCA VALLEY & SURROUNDS
www.ruralsales.com.au

Smartwatches: Their impact on Health and Fitness

In recent years, the advent of smartwatches has transformed the landscape of health monitoring and management. These innovative wearable devices, equipped with an array of sensors and features are not just timekeeping accessories but powerful tools that empower individuals to take control of their well-being.



The Rise of Smartwatches in Health Monitoring

Smartwatches have emerged as versatile devices that go beyond traditional timekeeping. Their integration of various sensors allows users to monitor a wide range of health metrics providing a comprehensive picture of their physical well-being.

From heart rate monitoring and step tracking to sleep quality analysis and stress management these devices have become indispensable companions for those seeking to lead healthier lives and they can also encourage healthy behaviours and lifestyle changes.

Heart Rate Monitoring

One of the standout features of smartwatches is their ability to monitor heart rate continuously. This real-time data not only helps users keep tabs on their cardiovascular health but also enables early detection of potential issues. The smartwatch can alert users if their heart rate is consistently elevated prompting them to seek medical advice.

Step Tracking and Physical Activity

Smartwatches act as personal fitness coaches by encouraging users to stay active throughout the day. Step tracking and activity reminders motivate individuals to incorporate more movement into their routines, fostering better cardiovascular health, weight management and a reduced risk of chronic diseases.

Sleep Quality Analysis

Quality sleep is integral to overall well-being, and smartwatches now offer insights into sleep patterns. By monitoring sleep duration and quality users can identify areas for improvement and make lifestyle adjustments for better rest.

Stress Management Features

Stress has become a prevalent aspect of modern life and smartwatches address this by incorporating stress-tracking features. By analysing physiological indicators like heart rate variability these devices help users recognise stress triggers and take proactive steps to manage and reduce stress levels.

Motivating a Healthier Lifestyle

The gamification of health through smartwatches has proven to be a powerful motivator for individuals looking to adopt a healthier lifestyle. The combination of real-time feedback, goal setting, and friendly reminders fosters a sense of accountability turning health management into an engaging and rewarding experience.

Continued on Page 20

Blokes Brekkie

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

Cuppa and Chat

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

Bowra Country Markets

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

St Jimmy's Kitchen

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

St Jimmy's Food Hub

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

Bowraville Folk Museum

High Street, Bowraville
Phone/Fax: 6564-8200

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

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

~ Groups by appointment ~

23/11

BOWRA HOTEL

OPEN 10AM - MIDNIGHT

BISTRO

22/11

TUESDAY to SATURDAY
11:30am-2:00pm and 5.30 - 8pm

SUNDAY

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

WOOD-FIRED PIZZA

Thurs, Fri and Sat 5.00 - 8pm

All menus available for takeaway

Regular Live Music - Holy Goat Coffee

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

33 HIGH STREET, BOWRAVILLE

Ph.6564 7041 bowrahotel@bigpond.com



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

What we have to offer . . .

TAB - KENO - BINGO

RAFFLES - Wednesdays & Friday

MEMBERS' DRAW min \$1500

KITCHEN Wednesday to Saturday

 Lunch 12-2pm - Dinner 6-8pm

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

FREE POOL Everyday

24/11

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

25/11

Prostate Disease Awareness

What is the prostate?

The prostate is a small gland located below the bladder and in front of the rectum in men. It surrounds the urethra, the passage that leads from the bladder, out through the penis through which urine and semen pass out of the body.

The prostate gland is part of the male reproductive system. It produces some of the fluid that makes up semen, which enriches and protects sperm. The prostate needs the male hormone testosterone to grow and develop. Testosterone is made by the testicles.

In an adult, the prostate gland is usually about the size of a walnut and it is normal for it to grow larger as men age. Sometimes this can cause problems such as difficulty with passing urine.



What is prostate disease?

Different diseases can affect the prostate gland. These are more common as men age. About half of all men will have a prostate condition by the age of 70.

Prostate disease most commonly causes urinary symptoms such as difficulty urinating, the urge to urinate more often, painful urination, or feeling like you can't fully empty your bladder.

Benign prostatic hyperplasia (BPH) or enlarged prostate: This is a common condition that happens when the prostate grows larger with age. It can affect urination. It is treated with medications or surgery.

Prostatitis (infection or inflammation): Prostatitis is when the prostate gland becomes inflamed and sore. It can be very painful and causes more frequent urination. It can be treated with antibiotics, other medications or surgery.

What is prostate cancer?

Prostate cancer happens when abnormal cells develop and grow in the prostate. These abnormal cells can continue to multiply in an uncontrolled way and sometimes spread outside the prostate into nearby or distant parts of the body.

In most men, prostate cancer is a slow growing disease.

Continued on Page 12

BOWRAVILLE PHARMACY

31 HIGH STREET, BOWRAVILLE

PHONE: 6564 7925 or FAX: 6564 7364

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

22/11



Spring



Come into the Bowra Pharmacy for sun hats, sunglasses, spring footwear, MooGoo's magic skincare and the Cancer Council's extensive sunscreen range.



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



Prostate Disease Awareness *from page 10*

If it stays inside the prostate gland and grows slowly, it may never cause a problem.

However, in some men the cancer may grow more quickly and can cause problems that can impact on their life expectancy.

When the cancer cells spread outside of the prostate to other parts of the body, it is known as advanced or metastatic prostate cancer.

Who gets prostate cancer?

Prostate cancer is the most diagnosed cancer in Australian men, with about 18,000 men newly diagnosed each year. More than 3300 Australian men die from prostate cancer each year.

Prostate cancer has one of the highest survival rates of all cancers, with 95% of men likely to survive five years or more. About 220,000 Australian men are alive today after a diagnosis of prostate cancer.



There are two proven risk factors that may increase the chance of developing prostate cancer:

Age: The risk of developing prostate cancer increases with age. The risk of getting prostate cancer by the age of 75 is 1 in 7 men. By the age of 85, this increases to 1 in 6 men.

Family history: You have a higher chance of developing prostate cancer if you have a father, brother or son who has been diagnosed with prostate cancer. The risk increases again if more than one close relative has prostate cancer. Risks are also higher for men whose relatives were diagnosed when young. A family history of other cancers, like breast and ovarian cancers, may also increase your risk of getting prostate cancer.

What are the symptoms of prostate cancer?

In the early stages of prostate cancer, there may be no symptoms. In the later stages, some symptoms might include:

- Feeling the frequent or sudden need to urinate
- Finding it difficult to urinate (for example, trouble starting or not being able to urinate when the feeling is there or poor urine flow)
- Discomfort when urinating
- Finding blood in urine or semen
- Pain in the lower back, upper thighs or hips.

Many of these symptoms are common. They may not mean you have prostate cancer. But if you are worried about your symptoms, it is important that you talk to your doctor.

- www.pcfa.org.au/awareness/general-information/understanding-prostate-cancer

 BOWRAVILLE
THEATRE SINGERS
FOR THE LOVE OF SINGING

20th ANNIVERSARY CONCERT
BOWRAVILLE THEATRE

SATURDAY 12th OCTOBER 2.00 pm

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

1/1

More about the Theatre Singers on page 19



RURAL HORIZONS FAMILY DAY CARE

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

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

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

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



 (02) 9779 9908

 <http://ruralhorizonsfdc.org.au>

 manager@ruralhorizonsfdc.org.au

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



Provider: NSW Family Day Care Association

1/11

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

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

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

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

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

SEEDS

POTTING MIXES

COMPOST

FERTILISERS

**SOIL & WATER
CONDITIONERS**

MULCHES

**ORGANIC GARDENING
SUPPLIES**

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



**51 CARBIN
STREET
BOWRAVILLE
6564 8648**

11/11

Keeping a Garden or Nature Diary



If you have a garden, or are thinking of starting one, keeping a regular diary where you jot down all manner of observations can be invaluable.

It's the perfect place to chart what grows when, and how well, from year to year, helping you plan and make good decisions in seasons to come.

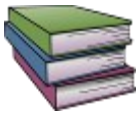
Having a place to record your observations is also a powerful way to increase your connection with your garden, while learning and deepening knowledge of your ecosystem.

When we're designing – whether it's deciding where to put your favourite pot of herbs, plant a garden, position a house or add on a sunroom – reading the natural patterns around us is everything.

Being aware of the large patterns of the seasons and the small patterns of which particular bugs visit the yellow flowers in our window box, all helps us make better design decisions. It also connects us to our surrounding ecosystem.

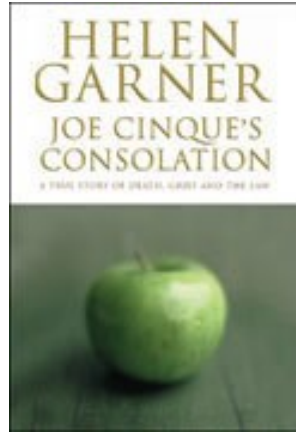
Keeping a nature or garden diary is a great way to practice this principle while fostering your creativity.

Continued on Page 16



Joe Cinque's Consolation *A True Story of Death, Grief and the Law* by Helen Garner

In October 1997, Anu, a clever law student decided to murder her devoted boyfriend, Joe Cinque. For quite some time she had been talking about ending her own life and taking Joe with



her. The plan, which she shared with several friends as well as others not really well known to her, was to drug Joe and then overdose him with heroin after a dinner party which some of them were to attend. No-one thought she'd really do it. No-one warned Joe Cinque, not even Madhavi, Anu's best friend, who had help purchase the drugs.

Joe died one Sunday, after a long, drawn-out attempt to end his life. Rohypnol and heroin. It took the whole weekend. His girlfriend and her best friend were charged with murder.

Helen Garner, the author, initially did not have a plan to do anything with this incident, least of all write a book but she ended up following the trials in the ACT Supreme Court.

She interviewed everyone she could. She witnessed the behaviour and emotions of everyone involved, continually questioning everything; constant thoughts running through her mind; she got to know Joe's parents a little.

Her book is about how and why Joe Cinque died. It takes a good look at the goings-on in a court room; probing the gap between ethics and the law. We expect that if a person goes to court for murder justice will prevail. We know this is not always the case.

In this book Helen Garner 'explores conscience, culpability and the battered ideal of duty of care'.

What you will read is mind boggling, heartfelt and will leave you questioning everything.

I recommend it.

*This book was read and reviewed
by Volunteer Raewyn*

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.

New Roof for Phoenix but it's business as usual!

The Phoenix Bank roof will be replaced in September but we will remain open for business!! The Bank will be covered in scaffolding for most of the month while works are underway to replace the roof. These are much needed repairs as the roof has been leaking for many years causing internal damage to the historic building, including a ceiling collapse during an extreme weather event.

Despite this it will be business as usual for the Phoenix Gallery and Cafe open Monday - Friday 8am - 2pm, entry via the front doors. This has been possible thanks to the Office of Responsible Gambling Infrastructure Club grant and the Nambucca Valley Council Heritage grant.

You may have also noticed some major infrastructure works in Adam Street as a new, accessible car park is being built for the Phoenix School of Arts yurt complex. We would like to thank AJ Civil for their amazing work and Regional NSW for funding the project.

Nambucca Valley Phoenix is a community owned and operated not for profit, we are very proud of the work we are doing to improve community owned assets and services in Bowraville. For more information please call us on 6501 0021 or email info@nvp.org.au or check out our website www.nvp.org.au.

~ GARDENS & GARDENING ~

Keeping a Garden Diary *from page 14*

If you don't have a garden, you can definitely still keep this kind of diary – it's all about observing the seasons and the natural world around you.

You get familiar with your landscape, learn key observation skills and, in the future, might be able to put this to use when designing your own garden or even planning house renovations.

Keeping a record of your seasonal tasks – which day in spring the plum flowers opened, when your first summer tomato was ready to eat or what date the first autumn frost hit – are all useful observations that will help your garden from year to year, especially when you're planning next season.

For example: if you've made a commitment to record descriptions of all the bugs you see visiting your tomato plants, you're much more likely to learn their names, figure out which are helpful to your garden and how to encourage more of those, whether as pollinators or predators of other garden pests.

Remember, this diary is just for you, not for anyone else. So try not to get too hung up on how it looks. No one is going to judge your wonky bug drawings or misspelt cloud formations. This diary is for you personally, to increase your knowledge and connection with your garden.

Just have fun with it.

Your garden diary will also serve as a reminder of what you've learnt and how far you've come as a veggie gardener and food producer.

- www.milkwood.net

BOWRAVILLE CENTRAL SCHOOL NEWS

A Special Public Education Week 2024 Assembly

On the 7th of August, we celebrated Public Education Week 2024 at BCS, and it was an occasion that filled our entire school community with a sense of tremendous pride and belonging!

We invited our school families to a special formal assembly including beautiful proceedings, inspiring speeches by our school captains and staff, and a drumming performance by our Kindy 'Djembe Jammers'. We then recognised select students from each year group, from Kindy to Year 12, who have consistently embodied the values of this year's Public Education Week theme, 'Proud to Belong'.

Following that, we grooved to a fantastic performance of Pink Floyd's 'The Wall' by some of our outstanding secondary music students, and paused to reflect on how much education has changed and grown over the decades.

We then awarded the Age Champions from our recent School Athletics Carnival and announced the overall House Carnival Champion – CEDAR! All of Primary then broke into dance as a fun conclusion to what was a wonderful ceremony.

It was a fantastic and enriching Public Education Week 2024!

At BCS, we're all 'Proud to Belong' to the public education family and all the wonderful opportunities for learning, growth, friendship, fun and success it provides!



More on Page 25

Bowra Laundromat

Corner of High & Belmore Streets

Token Operated Washing
Machines & Dryers.

Tokens available at the Pub and IGA

Commercial Washers and Dryers

Enquiries: ph 6564 7401

?5/11

Local Government Elections Saturday, 14th September 2024

Dr Ljubov (Luby) Simson

Ljubov.Simson@gmail.com

Giinagay - Hello



As your representative on the Nambucca Valley Council I will uphold integrity and accountability in my service to our diverse community.

OUR SUSTAINABLE FUTURE

As a mother, caretaker, farmer, businesswoman and educator I am committed to supporting sustainability and stewardship of all the resources within the Nambucca Valley - the health and well-being of the community, the land and its people.

I will work in partnership with the whole community in supporting sustainable development, building climate resilience, prioritising health and well-being, encouraging buy-and-make-local, together ensuring food, water, environmental and economic security for the Nambucca Valley.

With over 35 years of lived experience in education and public service leadership and management, community strategic planning, social engagement and partnerships I have a proven track record in making big things happen by Walking the Talk and I am committed to supporting the Nambucca Valley in building Our Sustainable Future.

Sustainable Development through a Local Circular Economy

Let's do Roads-Rates-Rubbish (RRR) better. Let's Walk the Talk on sustainability in supporting a local circular economy where materials never become waste, land is re-generated, local jobs are created, cost of living pressures are addressed, and health and well-being are prioritised.

Supporting Community Connections

Let's support our community connections by enhancing two-way communications between the hub (Council) and spokes (eg: community and hall committees, First Nations groups, community services, Chambers of Commerce, Tourism Association, not-for-profit, businesses and other Advisory Groups) bringing our Community Strategic Plan to life!

Right to Farm so let's Farm Right

Let's Farm Right encompasses stewardship – water and food security supporting our economic security – prioritising health and well-being for Our Sustainable Future.

My Story

I arrived in Australia with my parents as a refugee from Czechia in the Prague Spring. Supported by charity groups to settle in Australia, I was fortunate to have a great public education, become involved in the Girl Guides and the sport of orienteering as a competitor and coach.

Fascinated by the Sciences and plants at a young age, I went on to study at the Australian National University (ANU), specialising as a cancer immunologist focused on plant-based therapeutics. As an educator and Associate Dean of Education I was passionate about enhancing youth engagement and job readiness. In 2017 I designed and implemented an Inclusion, Diversity, Equity and Access Framework (IDEA) by which all work at ANU is now evaluated.

Since moving to Congarinni in 2019 I have established a small-scale regenerative beef grazing and horticultural business focused on local bush foods. My biggest lesson to-date has been the recognition of our responsibility in supporting a sustainable stewardship approach to rural life.



The Bowraville Theatre Singers are turning 20! And to celebrate this momentous birthday, they are putting on a concert of some of their favourite songs from all those years. Hopefully they will be favourites of the audience as well.

The Singers began life in 2004 when Yvonne Tredinnich advertised in the local paper for people who would be interested in starting a choir.

From small beginnings they were soon being noticed, performing in concerts, eisteddfods and with the Coffs Harbour Orchestra. They began doing operettas with Gilbert & Sullivan's "Trial by Jury" in 2007 and then a very successful "Oliver" with local children included in the show.

Lissa Argue joined Yvonne after a few years and took over as Musical Director when Yvonne left the area. Under Lissa's direction the choir focussed more on a variety of different musical styles as themes for concerts which has proven to be very popular. In 2011 they joined with the Nambucca Jazz Band to perform a jazz concert. Since then they have embraced various themes and eras and have a full repertoire of musical styles.

The Bowraville Theatre Singers invite you all to help them celebrate their Anniversary by attending our Celebration Concert on Saturday 12th October at 2pm in the beautiful Bowraville Theatre.

Tickets are \$20 and are available from the following link

www.tickethost.com.au/?event=3082



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Smartwatches: Impact on Health and Fitness *from page 8*

Activity Reminders

Smartwatches nudge users with gentle reminders to move throughout the day. These reminders, often personalised-based on individual activity levels, break up prolonged periods of inactivity and contribute to a more dynamic and healthier daily routine.



Goal Setting and Achievement

Setting and achieving health goals is made more accessible and enjoyable with smartwatches. Whether it's reaching a daily step count, maintaining a target heart rate during workouts or getting a certain amount of quality sleep, users can track their progress and celebrate achievements directly from their wrists.

Social Connectivity

Many smartwatches offer social features that allow users to connect with friends and family. It not only fosters a sense of community but also turns health and fitness into a social endeavour. Friendly competitions, shared goals, and mutual support contribute to a more positive and motivating health journey.

Transforming Healthcare Practices

Beyond individual users, smartwatches are reshaping how healthcare is delivered and managed. The ability to collect and transmit real-time health data provides healthcare professionals with valuable insights leading to more proactive and informed care.

Remote Patient Monitoring

Smartwatches enable remote patient monitoring allowing healthcare providers to keep a close eye on their patient's health without requiring frequent in-person visits. It is particularly beneficial for individuals with chronic conditions or those in need of continuous monitoring.

Informed Decision-Making

Access to real-time health data empowers healthcare professionals to make more informed decisions about patient care. Trends, anomalies and changes in health metrics can be identified promptly enabling timely interventions and personalised treatment plans.

Improved Outcomes and Cost Reduction

The integration of smartwatches into healthcare practices has the potential to improve patient outcomes and reduce healthcare costs. Early detection of health issues, proactive management of chronic conditions, and streamlined communication between patients and healthcare providers contribute to a more efficient and effective healthcare system.

Addressing Concerns: Fixation on Health Metrics and Privacy

While the benefits of smartwatches in health management are undeniable there are valid concerns that need addressing to ensure a balanced and responsible use of these devices.

Continued on Page 24

Ten simple ways to be more physically active

Want more physical activity in your life? There are many self-directed things you can do to help yourself, without joining a programme or seeing your GP.

Here are ten simple and effective ways to help you become – and stay – more physically active:

1) Don't sit, stand

We sit a lot. In fact, it's likely you're sitting right now – and you needn't be. Sitting for long periods has been linked with many adverse health outcomes, so try to stand more.

2) Take the stairs

Being physically active needn't mean expensive gym memberships. Try building physical activity into your daily routine. One easy way to do this is by swapping the lift or escalator for the stairs.



3) Make it fun

If you like doing something, you're more likely to continue doing it. Try an activity you liked doing as a child or maybe something new? Who knows, you might enjoy it.

4) Phone a friend

Exercising with a friend or loved one is a great way to stay motivated, and it can make physical activity more fun too.

5) Do less, more often

“Snackactivity” – breaking up your activity into shorter activity “snacks” – can help you increase activity in convenient, manageable bursts while reaping the health benefits.

6) Track your progress

Activity trackers aren't a fad. There is evidence that just using an activity tracker such as a pedometer to count steps or a smart watch that logs activity can help increase your activity levels, reduce body fat and increase muscle mass – and increase your overall physical fitness.

7) Get into a habit

We know it takes about ten weeks to form a habit. Repetition is key – so stick with it and keep going. Once you've formed a physical activity habit, it will be hard to shake it.

8) Hold still

Try to incorporate isometric exercises like the plank or wall squats into your routine. These exercises, which need no equipment, require you to tighten muscles and hold still – and have been shown to lower your blood pressure.

9) Set a goal

Have an achievable target to work towards – it will motivate you to reach your goal.

10) Reward yourself

And don't forget to reward yourself when you meet that goal. You can also build in rewards to mark your progress along the way. After all, who doesn't like to treat themselves when they've done well?

*Nerys M. Astbury, Associate professor, University of Oxford
- www.mindfood.com*

FATHER'S DAY - Sunday, 1st September

How does Father's Day in Australia differ from other countries?

Father's Day, a day of honouring fatherhood and paternal bonds, is celebrated across the globe with fervour and affection. However, as cultures vary, so do the ways in which this special day is observed. From its history and traditions to its notable differences, Australian Father's Day stands apart while also drawing comparisons to its counterparts worldwide.

Origins and History

The origins of Father's Day in Australia can be traced back to the early 20th century when it gained recognition as a tribute to fathers and their contributions. It was influenced by the American version of the day which was established in 1910. In Australia, Father's Day is celebrated on the first Sunday of September, setting it apart from many other countries that celebrate it on the third Sunday in June.

Unique Australian Traditions

Australian Father's Day is often characterised by outdoor activities and gatherings, reflecting the country's love for the great outdoors. Families often come together for barbecues, picnics, or beach outings, taking advantage of the pleasant early spring weather. Gift-giving is also a cherished tradition, with children presenting their fathers with personalised gifts, tools, or gadgets that cater to their interests.

Comparing Cultural Expressions

In the United States, Father's Day is marked by gift-giving, cards, and family meals, often featuring favourites like burgers. In contrast, the UK celebrates with gifts, cards, and perhaps a visit to the local pub. In Germany, men's role in childcare is emphasised and fathers may participate in races or events with their children. These variations highlight the unique cultural nuances that shape how Father's Day is celebrated worldwide.

Symbolism and Significance

Beyond the tangible gifts, Father's Day carries deep symbolic meaning in each culture. It serves as an opportunity to express gratitude, honour, and love for fathers and father figures. In Australia, this sentiment is often encapsulated in a warm embrace amidst the natural beauty of the land. Comparatively, in countries like Japan the day holds spiritual significance and is marked by offerings at temples and shrines.

Modern Trends and Commercialisation

In recent years, commercialisation has become a prominent aspect of Father's Day celebrations, shaping the way the holiday is observed. While this trend is evident in Australia with advertisements and promotions, the essence of spending quality time with fathers remains resilient.

Conclusion

Australian Father's Day stands out as a distinctive celebration, shaped by the nation's love for nature, outdoor activities and family gatherings. While sharing the essence of honouring fatherhood, it diverges from other countries in its traditions, date of observance and unique gift-giving practices. As we explore these differences and similarities, we gain a richer understanding of how cultures express love, gratitude and appreciation for fathers and father figures around the world.

- robotmylife.com.au/australian-fathers-day-how-is-it-different-from-other-countries

The Bowraville Theatre needs your help



In 2021 grant funding was obtained by Nambucca Valley Council to build a disabled friendly access ramp down the northern side of the Theatre, and new dressing rooms at stage height at the rear of the theatre. The ramp would give disabled access to the stage (currently none) and the dressing rooms would provide a backstage area and dressing rooms with toilet and shower facilities and a kitchenette. These would replace the site office (with no facilities) in the back yard which we have been used as a dressing room for some years.

The theatre is a successful and valued venue, and is used for a wide range of entertainment and community events, but the lack of these basic facilities will continue to limit the viability of the theatre.

This project has dragged on for years, partly due to the difficulty of the site and the many regulations associated with such a project, but mainly (in our opinion) due to delays by Council staff in processing the construction certificate. Costs have increased hugely since 2021, and the grant of \$702,000 will now be insufficient to fund the entire project.

Last week, after much pushing for information, and requests from our Committee for meetings with Council staff regarding the status of the project, Council prepared a report on the project which is now published in Council's business paper for the next Council meeting on Thursday 29 August. <https://www.nambucca.nsw.gov.au/Council/Council-Business-Councillors/Business-Papers>

This report recommends that Council cancel the signed funding agreement and return the funds without carrying out any of the work. The only communication the Arts Council has had since the report was prepared was to say we could read it on the business paper. There has been zero communication or discussion with us of this intention.

The Committee of Bowraville Arts Council is extremely disappointed and upset at this outcome.

Our Committee will attend the meeting on Thursday and address the Council in a bid to prevent the funds being returned. We would like as many people as possible to come along to the meeting to support the Bowraville Theatre.

Please come along and bring your friends to help us try to turn this bad decision around.

The meeting starts at 5.30pm at the Macksville Council Chambers. Please be there by 5.15 so we can make sure everyone gets in to the meeting. For more information please phone Dale Hawkins, Secretary, Bowraville Arts Council 0402 867 137.

If you are unable to come along to the meeting please send us an email expressing your support to bowravilletheatre@bigpond.com by Thursday lunchtime.

Dale Hawkins, Secretary, Bowraville Arts Council. 26th August 2024.

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Blokes' Breaky
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Ring Jeff to book on **0428 578 394**

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3rd Thursday of Month at 5.30pm

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Friday 9-11am Saturday 9am-12pm
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ST. JAMES CHURCH HALL

Smartwatches: Impact on Health and Fitness *from page 20*

Fixation on Health Metrics

Some experts express concerns that constant tracking and monitoring may lead to an unhealthy fixation on health metrics. Users may become overly focused on the numbers, potentially resulting in stress and anxiety rather than the intended positive impact on well-being. It's essential to strike a balance and promote a holistic approach to health that considers various factors beyond numerical metrics.



Privacy and Security

With the vast amount of personal health data collected by smartwatches, privacy and security concerns come to the forefront. Safeguarding this sensitive information is paramount to ensure users feel confident in using these devices. Manufacturers and service providers must implement robust security measures, transparent data practices, and clear user consent mechanisms to protect user privacy.

The Limitations of Using a Smartwatch for Health Monitoring?

While smartwatches offer impressive features for health monitoring they do come with certain limitations eg: accuracy and reliability, battery life, medical accuracy, affordability, internet access, and comfort and wearability.

Data Privacy Concerns: The extensive personal health data collected by smartwatches raises concerns about privacy. Users may worry about how their sensitive information is stored, shared, and protected.

Despite these limitations smartwatches remain valuable tools for many users seeking convenient and accessible ways to monitor and improve their health.

Manufacturers continue to address these challenges, striving to enhance the accuracy and reliability of health-related features in future iterations.

Conclusion: Impact of Smartwatch on Health and Fitness

In conclusion, smartwatches have ushered in a new era of health and wellness providing users with tools to monitor, manage, and improve their well-being. From heart rate monitoring and step tracking to sleep analysis and stress management these devices offer a comprehensive approach to health.

The motivational aspects coupled with the transformative impact on healthcare practices make smartwatches an asset in the pursuit of a healthier and more connected future.

As we embrace the benefits of smartwatches it is crucial to address concerns, foster responsible usage, and continue innovating to maximise the positive impact on individual and public health.

- smartwatchinsight.com/impact-of-smartwatch-on-health-and-fitness

BOWRAVILLE CENTRAL SCHOOL NEWS

Students Contribute to YOUth LEADing the World Community Forum!

A team of five BCS students - Kiri, Melita, Alexis, Zarli and Luka-Lee recently attended the YOUth LEADing the World Forum, held at Bowraville Theatre. The event was hosted by Sue Lennox AM, who is Co-Founder OzGREEN, Founder YOUth LEADing the World (YLTW), and 2020 NSW Senior Australian of the Year! They were supported by volunteers from Nambucca Riverwatch.

Over the two days, the student groups from our district's three local schools engaged in workshops that discussed the results from the preceding water testing days and what their environmental concerns were.

Each school then decided on a project to directly improve our local waterways. Our BCS students will be working with their peers from St Mary's and Tallwood schools to make this happen.

Seeing our students stand up to speak in front of the audience was uplifting, even those who were naturally more introverted truly shone in their confidence and belief in what they were doing.

At BCS, our young people are passionate about being changemakers, which also fills their teachers with pride! Special thanks to Sue for arranging this wonderful and enriching experience for our students.



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Watch Out - Wild Critters About

It's 'Springing' Time

Spring is about so much more than sunshine and flowers in bloom. The months of September, October and November are also some of the most exciting on the wildlife calendar. Many animals have their young at this time of year and you could be fortunate enough to see baby whales, koalas and kangaroos.

Spring doesn't just refer to the season that acts as a farewell to winter and heralds the arrival of summer. Neither is spring confined to the idea that it's a biological marker for migratory animals. Spring, for many, is a symbol of new beginnings. When the first green emerges from the ground and the first bud opens, people the world over celebrate life's triumph over death.

In the Old Religion of Europe (paganism), the onset of spring is heavily entwined with the religious, the mystical and the spiritual. It's steeped in love and joy - the essence of all that is good - and is associated with ideas of rebirth, renewal, resurrection and regrowth.

The word 'spring' became popular in the 16th century. It's simply the shortened version of the word, 'springtime'. Before that (in the 15th century), people only ever used 'springtime', which is the shortened version of 'springing time'. The start of spring, which was when plants started springing from the ground, was naturally called 'springing time'.

The signs of springtime?

Bare tree branches suddenly start sporting green buds. Koala and kangaroo joeys start to leave their mothers' pouches. Insects, such as ladybirds and butterflies, emerge.

It starts to get a little noisier . . . peepers peep, frogs croak and birds wake up; all of them start singing their heart out in a dawn chorus.

There are babies galore. Frogs and toads spawn. Sheep lamb. And cows calve. Birds nest and hatch. Migratory birds arrive - coming from Japan, New Guinea and Indonesia.

What happens in spring?

During spring, the Earth's axis starts to tilt towards the sun. Because of the Earth's position the average daily temperatures start to rise and the days become warmer.

In spring the days also get longer. This happens partially due to the Earth's position in relation to the sun but also because we change the clocks during spring - an hour forward on the first Sunday of October.

Insects, such as bees, also start to gather pollen and nectar from flowering plants in the spring. This is their source of food, and it helps spread the flowers' seeds so that they can reproduce as well.

Birds start making their nests in the spring. There are many fruits, seeds, insects, and vegetation to feed off, so it's the perfect time for them to lay eggs and guard them until they hatch.

Spring on the move

In recent decades, a phenomenon called 'season creep' has been observed in spring, where the phenological signs of springtime occur around two days (or more) earlier per decade in some regions.

- www.twinkl.com.au

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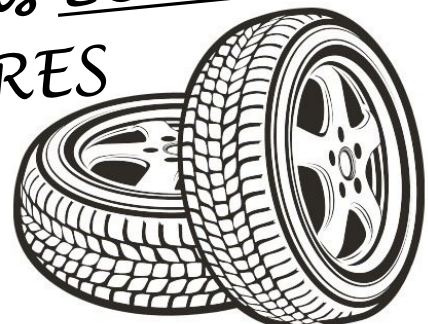
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Radio Nambucca
Community Radio Network

Studio 3 Live on the 3rd Friday of each month 6-8pm

105.9 FM — Winter 2024

Radio Nambucca — 2NVR — 105.9 FM — Program Guide — Winter 2024

2NVR

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	Time
6 AM	Green Eggs On Toast Laurie McBurney	The Bohemian Beat With Riddhi	Aussie-Grown Across the Nation Aussie Christmas grassroots to charts	Tones of Claressence Claire Watt	TGIF Bethina Goodwin	Rise N Shine Ron Hawkins	Tiki Lounge Remix With Seth Jordan	6 AM
7 AM	Markets info, news, movies, local news. Mute .	NIMA Chart Show Mealy J	A Country Tea Time With DJ Tina	FlipSide With Phil	News, tunes and interviews Great music to start your day	Random ravings in a musical mix with: Heavens Above 6:30 Saltwater People 7:30 It's Only Words 8:30	Creative world music, contemporary jazz, digital beats and other sonic erotica. From ZBBB	7 AM
8 AM	Classic Hits & Jukebox Paul Rowe	From Then To Now With Paul Burra	Smoko with Gazza With Gary Biden	Turning Pages Elizabeth Newman	Talk Of The Town Ceri Wtobel	Local News of the Area Audio news, with Beverly & Linda	Dad & Daughter With Geoff & Amy	8 AM
9 AM	Great 'Rock 'n' Roll'	Back to Beethoven With Rachel Burns	Easy Listening To Rock & Pop	Jake & The Fatman Join in and singalong	See what's going down!	Maidensong Dianra Galbraith	Great music, dad jokes, trivia, and loads of fun on air....	9 AM
10 AM	Baby Boomers Dorina Collins	Infopinion Richard Lawton, Eddie Orrego, Dale Hawkins	Mystical Music & Musings With Louise	Cyberbeat, inside Motorpart & The Assignment	Peter's Pops & Classical Tunes & Melodies With Peter K	Noisy Neighbours Trenck de Groot	Local News of the Area Audio news, with Beverly & Linda	10 AM
11 AM	Flashback With Rob Davidson	Life Words with Linda	Mick in the Middle With Mick Birds	Tewinga Tunes With Ralph	Weekend Surge With Chrissy	Garage Noise With Sean Ambrose	That's A Wrap Donna, Nigel, Mitch, Gary & Les	11 AM
Noon	1960's to 1980's with a weekly featured artist	Rock On With Jimmy & the Bluebirds	Interviews with fascinating folk, beautiful music & what's happening in our slice of paradise	Thursdays Country Trickiwic	Sublime music, surf and foxy reports, pumping you up for the weekend!	Soul Quench With Lizzie	Local sports calls and in-depth sporting analysis	Noon
1 PM	Blues, Roots, n Boots Presented by Jonny Dee	Sister Act Clivia & Sam	DJ Casey & Irish Bee DJ Casey's selector music	Hit Singles From Your Past With Manca	MHS Radio From Macksville High	Music with a Message Geoff Stone	Praise, Prayer & Pop With Michelle	1 PM
2 PM	A Breath of Fresh Air With Sandy Kaye	Retro Birds Robyn Wren & Sally Swan	The Sixties in Australia Rob Davidson	Live Delay Aussie-wide Live Music	Turn Up The Volume With Manca	Wolffy Wolffy's music & requests	The AntisF Radio Show With Nuke	2 PM
3 PM	Bowra Beats With Grace Wallers	Mat out of the box	The Curious World of Lisa Z	Tim Unsupervised Tim Hood	Three hours of soft rock & listener requests.	Fish's Favourites With Dave P	Imagine This Radio drama & stories	3 PM
4 PM	Hinterland With Ben Wallers	Blues Soul Funk Featuring Aussies on NBA	The Sit Down With Clint Waaka	Late night humour music interviews and more...	Studio 3 from 6-8pm on the 3rd Friday of each	Saturday Date With Stu	Prog Rock Playlist Rhino	4 PM
5 PM	Reggae Mixtape With Fitzroy	Space Nuts Lost in Science	Interviews, music, history, culture and good times!	Ant's Rock Anthony Gansley	Fish's Favourites With Dave P	Saturday Night Gold On Friday	The best of Progressive Rock	5 PM
6 PM	Music Makers With Yen	Zed Games & Diffusion	Ant's Rock Anthony Gansley	2NVR Music Mix	Tunes I like to hear...	2NVR Music Mix	2NVR Overnight Music Mix	6 PM
7 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	2NVR Overnight Music Mix	7 PM
8 PM	Music outside the usual	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	2NVR Overnight Music Mix	8 PM
9 PM	Music Makers With Yen	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	2NVR Overnight Music Mix	9 PM
10 PM	Mixed music with featured artists	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	2NVR Overnight Music Mix	10 PM
11 PM	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	2NVR Overnight Music Mix	11 PM
Midnight	2NVR Overnight Music Mix	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	Ant's Rock Anthony Gansley	2NVR Music Mix	2NVR Overnight Music Mix	Midnight

AIR News weekdays 6, 7, 8, 9am, noon & 6pm, weekends 6, 7, 8 & 9am 2NVR — Multiple Award Winner Sports Calls Live, 2nvr.org.au/sports-channel Studio & office: 02 6664 7777 <admin@2nvr.org.au > The Best Little Station in the Nation